NOV 21 1910 Merry Christmas!

THE

MAGAZINE OF THOUGHT

> It is a comely fashion to be glad;

> Joy is the grace we say to God.

EMBER, 1910

PRICE 10 CTS.

Here's Health STRENGTH, VIGOR AND BEAUTY

Don't suffer any longer. Don't try to stand

an ache or pain, **Stop** it! Don't neglect the little ills—unless they are attended to they lead to **serious** things.

Even if you have a chronic disease—one that you have been told is incurable—DON'T GIVE UP HOPE! The greatest natural curative force in the world is NOW AT YOUR COMMAND!

ibration Banishes Disease As the Sun Banishes Mist!

VIBRATION is the remedy NATURE meant. It sets your nerves a-tingling—your blood thrilling through your veins and arteries—it removes the CAUSE!

VIBRATION will make you feel refreshed and invigorated from the VERY FIRST TREATMENT!

The White Cross Electric Vibrator

begins where doctors stop. Hundreds of people who have been given up by specialists as inc rable now say that they are well and happy through the aid of this marvelous invention. What the WHITE CROSS VIBRATOR has done for others it What the WHITE CROSS VIBRATOR has done for others it may do for you. No matter where you live or what your trouble is, you owe it to yourself to find out all about this wonder of the 20th century! Even if you are perfectly well now, you should investigate anyway! You cannot tell when the dread hand of disease will seize upon you or one of your loved ones. Be ready! Post yourself! Don't let disease get ahead of you. Take the first step yourself.

FREE TRIAL We will send you the WHITE CROSS ELECTRIC VIBRATOR on absolute free trial! We will give you an actual demonstration of its merits without charging you one penny. Feel its marvelous power for yourself. Feel how it drives out disease.

This Valuable Book Now Sent

LINDSTROM. SMITH CO. 253 La Salle St. Dept. 2988 Chicago - Illinois

Without obligations on me, please send free, post-paid, your book, "Health paid, your book, "Health and Beauty," on treatment of disease by Vibration and Elec-tricity. Also free trial offer.

The Famous book "Health and Beauty" will be sent to you absolutely free for just your name and address. No matter who you are or how well you are you need this book! It

with aid of the WHITE CROSS ELECTRIC VIBRATOR you can treat yourself bout the aid of drugs.

SIGN THE COUPON

and get this free book today! It will open the door to a new world to you. It preaches the gospel of health and hope. Thousands have benefited by it teachings—why not you?

LINDSTROM, SMITH CO. 253 La Salle Street Dept. 2988 CHICAGO, ILLINOIS

What This White Cross Electric Vibrator Will Do For You

A few minutes' use of the White Cross Electric Vibrator each day will aid in putting you in better health than you have known for years. Drugs may relieve, but they seldom cure. The White Cross Vibrator attacks the cause. When the cause is removed the disease is gone forever. The White Cross Vibrator gives you not only Vibration but Galvanic and Faradic electricity as well. It is not only an ELECTRIC MASSAGE VIBRATOR but also a COMPLETE ELECTRIC MEDICAL OUTFIT.

HERE IS THE WAY IT ACTS on a few of the most common chronic and acute diseases:

the most common chronic and acute diseases:

Headache—from whatever cause, can be almost instantyrelieved by the White Cross Vibrator. However, headache is
usually only a symptom of some other trouble. Find the cause
then use the Vibrator.

Catarrh—Clogged nostrils removed after a few minutes
treatment. Discharge grows gradually less, Time for complete
relief varies only visit the footbold which the disease has chained. (Common "cold-in-the-head" or coryga can frequently
her relieved in one stream. be relieved in one treatment.)

Insomnia-A short treatment with the Vibrator an Vibration Chair just before retiring should bring a good night's sleep even in the most long-standing cases.

Indigestion—This common disorder yields readily to vibration. DYSPEPSIA, which is only CHRONIC judgestion, is more stubborn, but great relief almost always results in a surprisingly short time.

Rheumatiam—is caused by congested condition resulting in inflammation and a deposit of uric acid. The worst case of rheumatism can be quickly relieved by the application of Vi-bration and Electricity.

Here are a few of the other diseases which have been treated successfully by Vibration and electricity; Asthma, Neuralga, Earache, Weak Eyes, Nervous Debility, Constipation, Heat Trouble, Weakness, Deafness, Stomach Trouble, Skin Diseases, Scalp Diseases, Lumbago.

Genuine Swedish Movement

You do not have to go to expensive Specialists or to a sanitarium to get the genuine Swedish Movement. With a White Cross Vibrator you can give yourself the same treatment without cost.

Vibrating Chair ?

With the White Cross Electric Vibrator and a simple attachment you ca transform any chair into a vibrating

Send for Free Book Which Explains All

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

NOV 21 1910 Merry Christmas!

THE NOV 28 28 SALES

MAGAZINE OF NEW THOUGHT

It is a comely fashion to be glad;

Ing is the grace we say to God.

DECEMBER, 1910

PRICE 10 CTS.

Following is a list of New Thought cen-ters, rending rooms, bookstores, etc., where New Thought publications may be found, and where visitors are always welcome.

ALLEGHENY, Pa .- W. L. Peters, The Gospel Light

BOSTON, MASS.—The Metaphysical Club, 211 Huntington Chambers, 30 Huntington avenue.

BLOOMFIELD, Iowa.—Mrs. Stella W. Teed, North

BOSTON, MASS.—The Sholar Business Building Service, 101 Tremont street. 'remont street.

BOSTON, Mass .- Smith and McCance, 38 Bromfield St. BRUNSWICK, O .- Co-operative Book and Subscription

CALGARY, Alberta, Canada.—Mrs. M. Mason, 120

CHICAGO, III .- The Progressive Thinker, 40 Loomis CHICAGO, III .- The Progress Co., 515-519 Rand-Mc-

CHRIST CHURCH, New Zealand-Ida M. Bruges,

CINCINNATI, Ohio.—Lotos Library, 701 Mercantile Library Bldg.; Annie McIvor, librarian.

DENVER, Col.-Dr. Alexander J. McI. Tyndall, 526

DENVER, Col.-Mrs. Edith Marie Raymond, 302

Twenty-second street.
FRESNO, CAL.—Mrs. I., F. Sanders, 944 O. street.
HAMILTON, Ontario, Can.—Cloke & Son, 16 King

HARROGATE, England.—Talisman Publishing Co.,

HELENA, MONT .- Mrs. S. J. Rumans, 1051 N. Ewing

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HUMBOLDT, Iowa.—Armetta M. Flowers.
JULIAETTA, Idaho.—S. A. Roe, M. D.
LONDON, England—Higher Thought Center, 10 Chen

LONDON, England-L. N. Fowler & Co., 7 Imperial

LONDON, England .- Power Book Co., 29 Ludgate

LONG BEACH, Cal.-Mrs. S. F. Connley, 14 Ameri-

LOS ANGELES, Cal.—Metaphysical Library, 611 Grant Bldg., 355 South Broadway.

LOS ANGELES, Cal.—Occult Book Co., 213 Mercan-

ANGELES, Cal.-Whalen's News Agency, 233

MELBOURNE, Australia-Miss E. R. Hinge, 178

Little Collins street.

NEW YORK CITY.—New Thought Free Reading ing Room, N. Y. American Bldg., Columbus Circle, Broadway and 59th St.

NEW YORK CITY.—New Thought College Free Read-Room, 110 W. 34th street.

NEW YORK CITY.—Roger Bros., 429 Sixth avenue.

NEW YORK CITY.—Dr. Richard B. Schleusner, 134 West 20th street.

OAKLAND, Cal.—Rest Reading Rooms, 719 14th street. OMAHA, Neb.—The Vitapathic Sanatorium, 2319 S.

OMAHA, Nebr.—Omaha New Thought Fellowship, Room 3, Lyric Theatre building. Services, Sunday morning, 10 o'clock; Wednesday night at 8 o'clock. PHILADELPHIA, Pa.—Mary E. Brown, 1839 N 11th

street.

PITTSBURG, Pa.—Dr. H. Lewis Belknap, 813 Wood street, second floor Wilkinsburg Station, P. O. Box 174.

PORTLAND, Ore.—W. E. Jones, 284 Oak street, Henry

PROVIDENCE, R. I.—S. C. Dunham, 104 Olney street. RICHMOND, Va.—M. E. Davison, 1002 E. Clay street. SALT LAKE CITY, Utah.—Shepard, the Magazine

SANTA BARBARA, Cal.—Ramona Book Store, J. M. Barbour, Prop., 707 State street.

SHANGHAI, China.—International Subscription News Co., J. Thompson, Mgr., American P. O. Box 922, 5a North Soochon Road.

North Soochon Road.

SPOKANE, Wash.—Spokane Book and Stationery Company, 114 South Post street.

ST. LOUIS, Mo.—Dr. Beverly, 3503a, Franklin avenue.

ST. LOUIS, Mo.—H. H. Schroeder, 3537 Crittenden street. German publications a specialty.

ST. PAUL, Minn.—Ida Willius Goldsmith, 606 Dayton avenue.

avenue.

SAN DIEGO, Cal.—Loring & Co., 762-766 Fifth street,
SAN DIEGO, Cal.—J. C. Packard, 825-827 Fifth street,
SAN FRANCISCO, Cal.—Olivia Kingsland, care of
Theosophical Society, 1472 Golden Gate avenue. Theosophical Society, 1472 Golden Gate avenue, SAN FRANCISCO, Cal.—Occult Book Co., 1141 Polk

SPRING VALLEY, Minn .- Mrs. Rose Howe, Box 165.

TOLEDO, Ohio .- Mrs. Anna L. Stoeckly, 605 Euclid

TORONTO, Can.—W. H. Evans, 488 College street.
VALPARAISO, CHILE, S. A.—Georgina Hammerton, Carilla, 271 P. O. B.
WASHINGTON, D. C.—The Washington Therapeutic Societies Circulating Library and Reading Room, Room 617, New Evans Bidg.

WASHINGTON, D. C .- Oriental Esoteric Society, 1448

WILLIMANSETT, Mass .- Mrs. S. A. Emerson, 30 WINNIPEG, Man., Can .- Prof. R. M. Mobius, 4941/2

YOUNGSTOWN, O .- Flora G. Whiteside, 108 West

THE AMERICAN NEWS COMPANY, through its various branches supplies *The Nautilus* on a returnable basis to all newsdealers who request it. If your newsdealer hasn't it on sale please suggest that

he send in an order.

ERICAN WOMAN'S LEAGUE.—The Nautilus is a Class A publication. Subscriptions taken by every American Woman's League Chapter in the

New Thought in Tabloid

Little Booklets With Big Ideas.

Written by people whose words count. Just right to tuck in a letter to a friend or to distribute free to those who need the light. They will be appetizers for more good new thought things.

ELLA WHEELER WILCOX'S

"What I Know About New Thought." Her definition of it, written in her usual in-spiring style, and her idea of how helpful new thought may be.

FLORENCE MORSE KINGSLEY'S "How to Use New Thought."

In this little booklet Mrs. Kingsley tells how new thought has helped her and what further she expects from it, and how it can help

WALLACE D. WATTLES'

"Marital Unrest; a New Remedy."

This writer's practical, scientific articles in Nautilus are being enthusiastically received. Here he offers a new remedy for the discontent and unhappiness so often found in the marriage state

JULIA SETON SEARS, M. D. "Thought Force for Health."

Thought Force for Heath.

This article is the most popular ever written by Dr. Sears for The Nautilus. Cosmic Healing in a nutshell.

Each booklet contains eight pages 3½x6¼ inches, printed in bronze, blue and black, respectively, all from clean, new type.

Price, 25 cents for twenty copies; \$1.00 per 200; \$2.25 per 500; postpaid.

Nove—The above booklets will not be sold in

Note.—The above booklets will not be sold in quantities less than twenty copies, but orders of twenty or more may include all booklets.

This Came With an Order:-

"I want 20 copies 'In Tabloid' to wreak on some friends. Send 5 copies of each, I greatly admire each one of the REGAL FOUR."—C. W. FARRINGTON, Goshen, Ind.

"THOUGHT FORCE FOR SUCCESS,"

By Elizabeth Towne.

By Elizabeth Towne.

This is a 16-page booklet, larger than any of the others. A new edition of "Round Pegs and Square Holes."

For Success" is

Pegs and Square Holes."
Price of "Thought Force for Success" is 6 copies for 25c; or 100 copies for \$2.00.
Order of THE NAUTILUS, Holyoke, Mass.



Short-Story Writing

THE HOME CORRESPONDENCE SCHOOL Dept. 347, Springfield, Mass.

Nautilus News.

BY THE EDITORS.

Best Wishes!

Here's wishing you a Merry Christmas! I can't think of anything better to wish you for

the day.

"A merry heart doeth good like a medicine," said Solomon. And Jean Ingelow says, "It is a comely fashion to be glad; joy is the grace we say to God."

God is Good, and the chief end of man is to

enjoy Good forever.

May Christmas Day bring you the enjoy-ment of All Good, spiritual, mental, and material-including the great good of giving happiness to those about you.

This Florida Christmas Number.

This December Nautilus might almost be called the Emma Bell Miles Number! The front cover design is

her work, the plates were made in Springfield, and the printing done with neatness and dispatch by our good Transcript Publishing Company, of Holyoke. How do you like it?

The poinsettia is native of Florida, as common a Christmas decoration there as ground pine and red berries in Massachusetts, and

cedar wreaths in Oregon. I should think a poinsettia Christmas must be very festive.

And there is an Emma Bell Miles article on "A Florida Christmas" with her own special sketches in illustration. A Florida Christmas may look strange to a New Englander or an Oregonian, but the spirit of it is surely familiar to us.

The border around Edwin Markham's beautiful poem in this number is made from another special design by our artist friend, Mrs. A. B. Sturdivant of Atlanta.

How do you like our serial story "As a Grain of Mustard Seed?" It is beginning to "come out" now—be on the lookout! We want to give somebody \$10.00 for writing us a sequel to that story.

The New Year.

Our January Number will be appropriate to the season. It will set a new pace for 1911!

There are some splendid things coming and

more under negotiation.

In the January number will appear the first of a new series of "Sermons of a Scientist" by W. R. C. Latson, M. D. Following those will be a series on "The Oriental Religions and What They Can Teach Us" by "Swami Vyananada" vananda.'

We are negotiating with one of the most famous and popular new thought teachers in the country for a series of lessons on practical new thought. We shall be ready to announce the name and author in January or February

number.

In our January number will also appear the first of Dr. James Henry Larson's treatise on "The Mother as a World Power." I an-

nounced this series in Nautilus News for November, and told you something of Dr. Larson and his work. And very quickly comes the series on non-meat cookery, "The Meal and the Man" by Mariella Ladd.

Our Turning-Over-a-New-Page Number.

One of the features of our special New Year number will be a beautiful new poem, "A Dream of God," by our poetess laureate, Ella

Wheeler Wilcox.

Another of the features of the January number will be another scientific imagination-expander by our Prof. Edgar L. Larkin, on "Searching for a Still Higher Consciousness.

Three special features will be "A Blosson ing Wilderness" by Ida C. Murray—whose splendid article in Ladies' Home Journal I called to your attention; "The Shadow of Thy Wing" by Bertha Forbes, and a bright little poem "The Man You Meant To Be" by Arthur W. Beer.

An eye-opener will be "The Practical Advantage of American Brag" by Cora Linn

And a most practical new thought view of nerves will be "Thirty-five Years of Nervous-ness," by John Harden. This is a bit of personal experience that ought to prove helpful to every reader.

In our department of "Men and Women Who Are Helping the World Along," you shall hear about a Frenchman who incites some millions of American children to turn over a new leaf; and a woman who is called "the stormy petrel of industry."

Have You Ten Friends?

Have you ten friends to whom you would like to give Nautilus subscriptions as Christmas

presents?—we will give you the whole ten subscriptions for \$5.00 provided you send your order within the first three weeks of December.

That gives you the ten year-subscriptions at exactly half price, a saving of 100%. Pretty good interest on your money, not to reckon the joy those ten subscriptions are liable to carry with them.

Remember, that every one of the ten subscriptions must go to people to whom Nautilus is new—all to separate addresses. We can't possibly afford renewals at any such cut rates! Indeed, if President Taft succeeds in getting

through his pet measure to raise the postage on second class publications we will have to raise the price of *Nautilus* inside of a year!

Have You Three Friends?

Yes, you may have three subscriptions to Nautilus for the price of two, just by way of showing our special

Christmas Good Will.

At least two of these subscriptions must go to new addresses, to people who are not already subscribers to *The Nautilus*. And all three subscriptions must go to separate addresses.

(Continued on Page 2.)

(Nautilus News Continued.)

Send your Christmas cards along for each friend and we will mail them on any date you say, along with first numbers of *Nautilus*.

Or how would you like to have two new subscriptions to *The Nautilus*, and any one of our \$1.00 books?—\$3.00 worth of publications for only \$2.00. The two subscriptions to go to two addresses not already on our list, the book to be sent anywhere you wish. For a list of our publications see page 6.

We have hundreds of letters from people who bless the day that somebody sent them Nautilus for a Christmas present.

More Special Christmas Cheer.

Do you want a set of Kipling's works for yourself or some friend? You can have a set of "The Lotus Edition of the Works

of Rudyard Kipling," 10 volumes, with a neat little book-rack to hold them—you can have them all without costing you one cent.

them all without costing you one cent.

Iust send in five new subscriptions to Nautilus at \$1.00 each, to be sent to five separate addresses new to our records, and we will send you the set of Kipling with the little book-rack, all neatly packed and carriage prepaid. We described these books in Nautilus News for September.

And Then Some!

Or perhaps you would prefer one of those beautiful large Burlington Proofs, such as we offered in Nautilus

News for October. You can have your choice of forty subjects, selecting from an illustrated catalogue. These are splendid reproductions of the world's greatest pictures, and the average size is about 17 by 28 inches

age size is about 17 by 28 inches.

You may have your choice of the Burlington Proofs sent prepaid, for six new subscriptions to The Nautilus at \$1.00 each. The proofs are imported by the Doubleday, Page Art Company, and sold for \$4.00 each. One of these framed would make a joyful Christmas for one of your loved ones, or for yourself.

There are several other special Christmas offers of ours in the advertising pages of this magazine. Look them over carefully and see how many of them you can take advantage of. I know you won't forget that the more new

throw you won't forget that the more new subscriptions you send us now, the more good things we can give you in our twelve numbers for 1911.

NOTE!—Workers of the AMERICAN WOMAN'S LEAGUE!—You can save time by sending your orders for Nautilus direct to us with the certificates for payment. Then we can fill the orders immediately and make collection on the certificates at Mr. Lewis's convenience. But REMEMBER that if you send to us orders for subscriptions to other magazines besides Nautilus it will only delay matters, because they have to go through Mr. Lewis's hands anyway.

A Great Market.

And while you are looking for our advertising pages in *Nautilus* be sure to note carefully what other business houses are offering to our readers. You will find Nautilus advertising pages like a great market, displaying the most up-to-date things in all sorts of lines, spread out for your consideration and selection. Just as a fashion book educates you in the styles of the day, so the advertising pages educate you in what is best and most advanced in all lines of discovery and invention and endeavor. The Nautilus aims to have only the most reliable things in every line. Note our guarantee at the bottom of page 5.

The Lecture

I have just promised to give an address in the regular course at the High School Course at Schenectady, N. Y., on

February 11th. I shall probably go west as far as Chicago, giving several lectures. If your town is anywhere in that section of the country, I shall be glad to come and talk to you about new thought, provided we can settle on a date somewhere within a week or ten days after February 11th.

Better write for terms, and settle the matter as soon as possible, so we can make all announcements in *The Nautilus* beforehand.

The Yankee Trader Department.

We have been giving our readers the advantage of advertising in our YANKEE TRAD-ER Department at 3c a word. This price proves

to be entirely too low. Beginning with the January number the price for YANKEE TRADER advertising will be 4c per word, the minimum advertisement accepted will be \$1.00 for twenty-five words or less, including the address.

Judging from the way the YANKEE TRADER Department has grown and the success people are having in its use, our readers will be perfectly willing to pay 4c per word instead of three.

And with our November number Nautilus' circulation has jumped to 40,500 or more. So everybody ought to be more than satisfied to pay the very moderate charge of 4c per word, beginning with the January number. We expect to raise the price of display advertising immediately after the New Year.

Hurrah for Nautilus! It is the magazine of magazines—"as it was in the beginning, is now and ever shall be." Of course, I didn't fear that Elizabeth would cease to have the courage of her convictions after William Walker's gentle protest, but I want to thank you (and William) for your brave efforts all along the line of Nautilus work and, especially, for the "Man of Tomorrow" number. With such forces at work, the "Awakening of Women," the realization of Olive Schreiner's "Dream" must be near at hand, so near even that in the platform of the "Men of Tomorrow" will be found more than a few of the women of tomorrow.—Ella H. Burlingame, Boonville, N. Y.

NATURE'S CURE—OUR CURE BRINGS HEALTH TO THE SICK



The element of personal advice and guidance has always won great victories. Many sick folk grope in the dark for health because they persist in looking for it by trying to follow the advice printed in Health Books. Such a course seldom gives the sufferer a chance to get well.

The time to turn from the wrong path into the right one comes when the error is realized. You sick people who put your faith in Health Books should wake up. Such literature is good, as far as it goes, but it is useful ONLY in a general way. Even when a Nature Cure is advocated such writings CANNOT be prepared to FIT EVERY INDIVIDUAL CASE.

Health can be attained through obeying the laws of Nature. But to learn the laws—and to shape your health-seeking efforts to rightly conform to them—means the assistance of expert, medical guidance. Without such help you are prolonging your misery.

The GREATEST ALLY to suffering humanity today is the Health By Mail System of Natural Curative Treatment. Dr. C. K. Vliet, who has made a life study of Nature Cure Treatment, also a graduate doctor of medicine,

is the Head Physician. Dr. Vliet personally prescribes the proper course of treatment for each patient. He reads every letter written by those whom he is helping back to health—and each communication is held sacredly confidential.

Health by Mail's System of Natural Curative Treatment—by reason of the personal supervision exercised by Dr. Vliet—has brought health to hundreds who failed to crush their ailments by following instructions printed for general use; and exhausted the supply of medicine stacked upon the shelves of the drug stores in their respective cities.

Consider what proper eating, sleeping, breathing exercise and bathing mean to you. To conform to Nature's laws is to reap Nature's reward in the form of perfect health. The bright eye, the elastic step, bodily vigor and mental alertness come ONLY WHERE THERE IS COMPLETE HEALTH.

It's worth trying for-itsn't it?

Throw away the pill-box and medicine bottle and write at once to Dr. C. K. Vliet, Head Physician of the Health by Mail System of Natural Curative Treatment. He personally studies each case THOROUGHLY before outlining a course of treatment. And throughout the treatment he gives his personal attention to every detail in each individual case.

From the beginning of the treatment to the moment when a cure is effected, Dr. Vliet gives his personal attention to the sufferer. The time to write Dr. Vliet is NOW. Ask for diagnosis blank J. and large, free booklet.

DR. C. K. VLIET—Head Physician HEALTH BY MAIL INC.

109 West 129th St.,

New York City

Let Electricity Make Pure Air For You



Sufferers from many ailments travel thousands of miles to breathe the OZONE of the mountains and pine forests. Yet a recent scientific invention en-ables everyone to have—right in their own bedroom air constantly as pure, refreshing and exhilarating as the purest oxygen-filled atmosphere of the piney woods and mountain peaks. This little apparatus is operated by electricity, and "ozonizes" the air of the closest room just as an electric storm purifies the out-door air. The

Ozone Pure Airifier

is of the greatest benefit in treatment of Asthma, Hay Fever, Catarrh, Insomnia, Nervousness, Pneumonia, Typhoid and Scarlet Fevers, Diphtheria, Bronchitus, Weak Lungs, etc. Endorsed by highest medical and scientific authorities—a thoroughly tested and demonstrated success.

an furnish an Ozone Generator to meet any requirement from m to the largest building in the U.S. Write for Booklet and

OZONE PURE AIRIFIER COMPANY
XXX Rand McNally Bldg., 312, Chicago, Ill,

THE BIGGS SANITARIUM

"In the Land of the Sky"



An Ideal Place for Invalids from the North during the Fall and Win-ter Months.

For the cure of Paralysis, Dyspepsia, Rheumatism, Asthma, Neurasthenia, and oth-er chronic ailments by

er chronic ailments by modern physiological and psychological methods.

Massage, electricity, hydro-therapy, vibra-tion, electric light bath, suggestive ther-apeutics, diet, and our own distinctive cura-

tive system.

Ideal climate, beautiful mountain scenery, home-like conditions, complete equip-ment, moderate charges, are features

No cases of tuber-tulosis accepted.

If you are in ill health you will be interested in the results we are obtaining in apparently hopeless chronic cases.

Descriptive pamphlet and book of testimonials free. Write for them, sick or well.

THE BIGGS SANITARIUM, Asheville, N. C.

Music Lessons Free

IN YOUR OWN HOME.

A wonderful offer to every lover of music whether a beginner or an advanced player.

Ninety-six lessons (or a less number, if you desire) for either Piano, Organ, Violin, Guitar, Banjo, Cornet, Sight Singing, Mandolin or Cello will be given free to make our home study courses for these instruments known in your locality. You will get one lesson weekly, and your only expense during the time you take the lessons will be the cost of postage and the music you use, which is small. Write at once, It will mean much to you to get our free booklet. It will place you under no obligation whatever to us if you never write again. You and your friends should know of this work. Hundreds of our pupils write: "Wish I had known of your school before." "Have learned more in one term in my home with your weekly lessons than in three terms with private teachers, and at a great deal less expense." "Everything is so thorough and complete." "The lessons are marvels of simplicity, and my 11-year-old boy has not had the least trouble to learn." One minister writes: "As each succeeding lesson comes I am more and more fully persuaded I made no mistake in becoming your pupil."

Established 1898—have thousands of pupils from seven years of age to seventy.

Don't say you cannot learn music but send for our

years of age to seventy.

Don't say you cannot learn music but send for our free booklet and tuition offer. It will be sent by return mail free. Address U. S. SCHOOL, OF MUSIC, Box 6, 225 Fifth Ave., New York City.

Instruments supplied when needed. Cash or Credit.

A Christmas Gift.

OPEN

The Doors of Life"

and really live. Much of the depression and consequent physical illness, says the author of this new book, is the result of MONOTONY. Life runs in a rut. The same tasks come to hand each day. Only a few faculties of the mind are called into use and they are exercised to death.

Anything which will turn the blood into new channels and arouse brain-cells that have been inactive will greatly enliven your life, be it:

NEW DIET, stimulating your appetite,
NEW POSITION, enabling you to earn more.
NEW BENEVOLENCE exciting sympathy.
NEW SCENERY to refresh your faculties.
NEW FRIENDS to stir your social life.
NEW EXERCISE to quicken your muscles.
NEW SCIENCE to stimulate your intellect.
NEW PHILOSOPHY OF LIFE and religion to satisfy the higher faculties—hope—spirituality—and veneration.

ALL THESE "DOORS OF LIFE," if only opened by you, will surely bring physical and spiritual refreshment, and you will never want for novelty and entertainment.

How to exercise your own brain resources so as to do away with much of the monotony and drudgery of life and enjoy a larger life, is the object of Walter De Voe's new book, "The Doors of Life," just published. 12 mo., cloth; by mail, \$1.08. Send 12 cents for a copy of HEALING AT A DISTANCE.

Vita Publishing Co.

ROOM 15, 5606 DREXEL AVE. CHICAGO, ILL.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.

THE NAUTILUS.

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DECEMBER, 1910.

No. 2.

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THE NAUTILUS.

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BUILD BODIES

Patient No. 1095 wrote us after a few weeks' treatment: "I am very happy. Two hours' good sleep before midnight does me a world of good, and I only wake up once now at night. I sleep good, have no bad dreams or nightmares any more. Before taking up this treatment I never slept before midnight, and if I heard an conversation I was almost insane, and if I heard my father rattle a nwespaper, I would want to scream. This was night after night, I would beg him to go to bed and have the house quiet. Now I do not hear him, and if anyone talks I am sound asleep and do not know it; I hope I have not made you tired with all this, but I am so happy and want you to know how much good health and I can truthfully say I have never enjoyed before such strong nerves, for I have never had good health and the past few years have been a wreck." This same patient, in a letter to Louise Radford Wells—which we enjoyed reading—five months after stopping the Diet, says: "I am so grateful to you for having told me to take the Milk Diet. I am sending you two little snapshots of myself 'before' and 'after' "—(one of these pictures shows an anemic, delicate young woman weighing only 91 pounds; the other a plump, dimpled, laughing, happy girl, weighing 120 pounds!)—"I am sorry I haven't larger photos, but as I have not, I thought these would give you a good idea anyway of the good Milk and Marfa did for a 'little girl' who has been sick so long. I told you I had been a broken-down nervous person for the past three years, which is perfectly true; but I have never known what good health, strong vitality, and strong nerves were, even before the final breakdown, so I feel the 'cure' has been all the more wonderful and miraculous. Why, Miss Wells, I have not taken a cathartic once or used hot water injections all during the diet or since—and, before! oh, dear, such dreadful times! I am perfectly satisfied with this treatment—can never say enough in praise of it, and I don't have to say much, for I am such a living proof that people can see, and

dear, such dreadful times! I am perfectly satisfied with this treatment—can never say enough in praise of it, and I don't have to say much, for I am such a living proof that people can see, and seeing is believing, you know."

Patient No. 1215: "I am as round and nice, better than I expected. You remember I said I wanted my bust and limbs to grow more. I can't say it now, as I measure a little more than 38 inches around bust, no hollows around my neck, either. Never saw anything like it. My flesh feels so solid; was very flabby before I commenced this treatment." This patient gained from 129 lbs. to 145 lbs.

Patient No. 1001 came to us weighing 128 pounds; he left us weighing 146½ pounds.

Patient No. 975 came to us weighing 118 pounds. At the end of one period of treatment she weighed 128 pounds, and writes: "I beg to state that I will discontinue the treatment for the present, but if I find that my nerves trouble me again I probably will take another month's treatment later. I am feeling very much better. My skin is cleared nicely and I have improved in every way. I have everything good to say about the treatment, and do not hesitate to recommend it to my friends." Took the diet for nervousness, impure blood, run-down system and loss of flesh.

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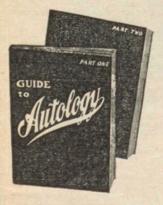
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"Build thee more stately mansions, oh, my soul;
As the swift seasons roll!

Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea."
—Holmes, "The Chambered Nautilus."

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DECEMBER, 1910.

VOL XIII No. 2



Says the psalmist, A Merry Heart doeth good like a medicine.

Joy is the grace we say to God-remarks bonnie Jean Ingelow.

Here's to you A Merry Heart and the Christmas Joy of joy-bestowing.

-Elizabeth Towne.

The Key.

If you do right circumstances will come right. What is right?

The thing your own inner self insists upon.

Follow its urge believing, and you will find circumstances working around for good to all persons concerned.

You are the key; circumstances won't move till you move.

In the Silence.

Silence and space are practically synonymous terms.

The silence is the

place where no noise is.

All noise is vibration passing through space, or "breaking" the silence.

At school we used to have a catch question that ran something like this: "If a tree fell in the midst of the desert of Sahara, with no living thing near to hear it fall, would there be a noise?" I have heard many elaborate reasonings to prove that there would be no noise,

because noise is the phenomenon created where vibration strikes the ear. The vibration would take place whether there was an ear to hear or not. The yes or no all depends upon the definition you give to the word noise.

All space is full of vibration of varying rates. Each of us is equipped with five senses by which we recognize a great many octaves of vibration. But there are still other octaves of vibration which are too fine to be received through either of our five senses, of sight, hearing, smell, touch and taste.

There is a sixth sense by which we "hear" thoughts.

"Going into the silence" means that we close all six of these senses, that we command them to cease registering vibrations for the time being, while we become still and put out our seventh-sense feelers for the still finer vibrations that have no effect upon those senses which are already developed within us.

To go into the silence one has to get still physically and mentally. He has to become so still that even his thoughts have dropped into the sub-conscious part of himself. This is to "be still and know." The whole key of going into the silence lies in those two little words, "Be still."



And practice makes perfect. The result of the practice is that we can come into connection with the higher intelligence of the universe—with the intelligence which is still higher than anything the world has realized up to the present time.

By being still and aspiring toward divine wisdom, we open ourselves to higher and yet higher intelligence. All the progress ever made by human beings has come through aspiring toward the divine, through shunning the noise and listening to all these finer vibrations in the silence above and around us.

The Use of Denials.

It doesn't so much matter whether you use denials or not, so long as you use something, with a

will, and with plenty of persistence.

Denials dissolve and affirmations make firm. There are seasons for both in every individual's experience.

It is true that denials are always connected in thought with the thing denied. But I am quite sure denials do not "impress the very thing undesired," as some writers affirm.

To recognize the undesirable thing as undesirable is the very first step toward getting rid of it.

If one never went beyond the point of denial, one would perhaps never get rid of it.

When you are very conscious of the undesired thing, it is best to first melt it away with denials of its power, and then follow the denials with positive affirmations of the desirable opposite for which you are working.

It is only one step from a recogni-

tion of the undesirable as undesirable, to the wiping of it out.

But you and I think we know that two solids cannot exist in the same place at the same time, so when we are convinced of the solid undesirable, we simply cannot hope for the impossible feat of putting the desirable into that same space.

There is a time when the affirmations of the desired thing seem too utterly preposterous, because you are so overwhelmingly conscious of the undesired thing.

After we have wiped out the undesirable by denial, it is easy to fill in the space with the desirable thing.

It is purely a matter of reason—reason refuses to do the impossible stunt of putting the desirable into the same space already filled with the undesirable.

One with great imagination can grasp the point and wipe out the undesirable with a breath, leaving himself free in thought to affirm the desirable. But those who are slaves to reason have to make their statements in order, step by step.

Get along with as few denials as possible, but make them emphatic and use them when they seem *more natural* to you than the affirmations of the desired. Your own spirit is the best guide as to how many denials you need before you put in your positive affirmations of the desired.

When I first got hold of new thought, I needed no denials at all. I have imagination plus, and it was the easiest thing in the world for me to jump to conclusions over any chasm. But later on there came times when I seemed to lose my ability to jump so readily to

EDITORIALS III

the desired conclusive affirmations, whereupon I resorted to the regular steps of denial, first; affirmation, second; as taught by the Christian Scientists. I use denials whenever they come more natural than affirmations, but I always top off with the most positive affirmations for the highest good that I can possibly conceive. "I insist upon the Perfect Word," said Paul Militz to me a dozen years ago. Denials only prepare the mind for insisting upon the Perfect Word, the Word of Perfection.

When Life is a Race.

If you were going to run a Marathon Race would you prepare for it by sleeping until the last

minute, then tumbling out of bed in a hurry, throwing on any old thing that came handy, and starting off at your highest possible speed? If you did you would certainly fall by the wayside before you had reached the half-way mark

And yet to the average man and woman every day is a little Marathon Race with Time, and many of us begin it in just that haphazard sort of hustle. If we don't hustle, we drag and complain, or we snap at every touch of those who are running the same little race beside us. When Hayes won the Marathon he trained for months beforehand. Every handicap of his living was laid aside; he ate the plainest food, kept regular hours, trained carefully every day, kept his mind ever polarized to the one thought of success in that race.

Begin Easy.

And because he made this careful preparation and ran the race in the most

judicious fashion, beginning very easy and gaining speed as he progressed, he came out ahead of everybody else, still in good trim.

Dorando and others in the same race started out with the idea of distancing everybody in the first mile. For this one reason that they ran too hard at the beginning, they collapsed before they could reach the goal. They had spent their energy too lavishly at the start, while Hayes husbanded his.

The Habit of Success.

The successful life is made up of a succession of successful days, every day being a little Mara-

thon by itself. If we live a successful today, we make a wise preparation to live a successful tomorrow; and so on, day after day, year after year, through our whole lives.

Only today is ours. Today we may make the right preparation, make the right and easy start, run the successful race with time, and close the day a victor. This day it is possible to do that. How shall we prepare for it? How husband our energies and direct our efforts?

Let us Begin.

Let us begin the night before, by going to bed right, and at a reasonable hour.

To go to bed right one should have fifteen minutes of quiet time for good reading, meditation and affirmation before he closes his eyes.

Seat yourself comfortably and read a chapter in the best book you know of. Read slowly and meditate frequently. Get quiet, let go, and permit the Spirit to show you the real meaning of what



you read. Aspire to know the truth, and remember that you are one with the Spirit of Truth, and that you make the connection by letting Truth into your thought, through aspiration and meditation.

Be still and know that I AM GOD.

And Then.

After reading, think over your day, and remember all the good things which

have happened. If any unpleasant things come up accept their lesson, but deny their reality, deny their power, bid them begone and forgotten. Search for the good things in that day, and with every one that comes into your mind give thanks to the One Spirit which "worked in you to will and to do of His good pleasure." Invoke the Spirit to continue working within you, open your mind to It, love It. As you go to sleep remember that the One Spirit of love and wisdom and power enfolds you and moves through you while you sleep, cleansing, rejuvenating, reorganizing, getting you ready for the morrow. Tell yourself that you will sleep soundly, trustingly, well, and that you will wake in the morning bright, interested, and full of power.

In the Morning. And in the morning. When you wake up, wake up. Rub your eyes promptly, stretch yourself with

vigor and enjoyment for just half a min ute, and then step resolutely to the floor. Do a few physical culture stunts to set your blood circulating. Take a few full breathing exercises before the open win-

dow. Bathe and dress properly and expeditiously. Concentrate on these things, and do them in the best possible manner, in the shortest possible time without hurrying.

If you have done these things with interest and good will, you have already performed half the work of getting your mind focussed and directed for a successful day's work. Now complete your preparation by remembering again the one source from which you are to gain wisdom and power to make this the most happy and successful day of your life up to the present time. Thank this power for working in and through you, direct your mind to heed its promptings. Read again for a few minutes from some high-potency book—perhaps the Bible, or Emerson.

And Now.

Get your mind down to the now and remember that you are to begin easy,

like the successful Marathon runner.

If things go wrong, let them go. The only important thing to you is to keep going easy.

Someone has said that man is not fully civilized before ten o'clock in the morning. This means that he is either stupid or snappy until he gets well started for the day. These directions are intended to help you to concentrate on getting started right in fifteen or twenty minutes—to show you how to do in the first half hour of your day what most people require three to five hours to do. This gives you a longer day and higher potency without taking away from your sleeping hours.



Plan Your Day.

After you have connected yourself in thought with the one source of wisdom

and power and right direction, turn a few minutes of your time to planning your day. Divide your work up into essentials, and non-essentials, and frills. In the first division put those things which absolutely must be done, and along with them be sure to include several short rest periods for yourself, in which you are to again read high-potency books and reconnect yourself in thought with the one source of power and wisdom.

Be sure to put nothing in this division of essentials that can *possibly* be included as non-essentials or frills.

In making this sort of division of your day, you get a better sense of proportion, and the things which are crowded out of the day will not burden you with a subconscious sense of defeat.

Now you are properly prepared and directed for the day, body, mind and soul. And you begin easy and gain impetus as the day goes.

Well Done.

You likewise gain satisfaction as the day goes, because you find that each

thing you do is done beautifully, i. e., it is done in the best possible manner, and the proof of it is in the sense of satisfaction which the thought of it wakes within you. Your day becomes a succession of things well done, and with every hour the sense of success, the sense of satisfaction increases.

By night you may be tired, but your subconsciousness will be singing! In right doing there is great reward, and right doing is always proved step by step by that little subconscious "well done" which is the blessing of God within you.

Gratitude.

When night-time comes, remember to be grateful. Gratitude makes sure the

connection between you and the one spirit of wisdom and power, love and joy. Be grateful for the power that enabled you to live a successful day. Commend yourself in peace to the one spirit, to work within you its good will, while you sleep. Tell yourself that you are giving up soul, mind and body to the workings of love and wisdom, and that you will wake up in the morning bright and interested and ready to advance.

Live one day at a time, live a successful day, and you will find each day a preparation in full for a better one coming. This is to live the life satisfying, the life useful and advancing.

I learned these things in the most expensive school—Experience. Much trouble of soul, great effort and thought and practice gave me the secret. I glory in it more every day of my life, and I pass the secret on to him who will use it.

None other can take it!

To the Over-studious. It seems to me you have spent too much time getting ready to live.

Suppose you stop it now, and just live from day to day, from hour to hour.

Quit trying to push forward to something else.

Be still and recognize your one-ness

EDITORIALS IN SELIZABETH

with all you desire, with the living power of the universe. If I were in your place I would go out into the country somewhere, and settle down into the commonest kind of ordinary physical existence for at least a year. Help on a chicken ranch, or hire out to weed the garden. You have exercised the mental and your ambition until you have overbalanced yourself. Get down to the physical now, and let the mental alone. If you would spend a year living like an Indian out in the woods, you would find your mental faculties newly co-ordinated for the best work of your life. Be an Indian!

Our Dutch Uncles. And little Holland! Our first intimation that we had reached it was when we glanced out of the

window and found ourselves traveling for miles so close over the water that we wondered how a tide would affect things. We came to the Maas, which is a sort of yawning mouth to a river. It was growing dusk, the lights came out and twinkled in the water. It was eery and novel.

And we were two women traveling alone in a strange country! We and my brother and his family had parted company at Paris to meet again in Ireland. Catherine and I traveled all that distance by ourselves, and stopped many places for sight seeing. Everywhere we met with the most courteous treatment. And everywhere that we found ourselves in a dilemma because of not being able to speak the language somebody sprang out of space and helped us. We had many delightful little experiences and

no unhappy ones. Wherefore we made up our minds that two decent American women who mind their own business, and are reasonably polite can travel anywhere in England, France, Belgium, Holland, Wales or Ireland without meeting with untoward mishaps. If they are both very young and frivolous they might get into trouble.

We got into Rotterdam about 8.30 in the evening, engaged a cab and went to the Maas Hotel. People told us that the hotels in Rotterdam were rotten. Which is a libel. The Maas hotel is not elegantly finished inside nor out, and the service is not quite up to the Waldorf-Astoria, but it is one of the pleasantest hotels in our experience. Everybody at the Maas spoke English, and everybody was as attentive and obliging as people could possibly be anywhere. The entire hotel opened up to welcome us. The elevator boy was a man of fifty odd, who smiled broadly and informed us in good Dutch American that he is a naturalized American citizen of the United States from Brooklyn, N. Y., naturalized seven years ago, made his fortune and returned to be an elerator boy in the country of his birth. Holland people are rather stolid in appearance and have the brusque manners of middle class Americans. We felt quite at home!

Typical Holland. Rotterdam stands out as the most typical place in Holland. Here there are plenty of canals

running through the town, in true Dutch fashion. A guide told us that they would all be done away with in

EDITORIALS II

ten years' time for the word has already gone forth that all of them are to be made into substantial cement streets and building sites, and miles of them are being filled in every year. And we were shown several blocks of houses which are to be razed to the ground to make way for European skyscrapers—which wouldn't scrape the skies in America.

Here on these canals are many beautiful old homes that have stood for hundreds of years, with lush grass and trees and flowers in the yards. A few very old ones still have little drawbridges across the canals, which are let down for welcome visitors. There are no fences to keep the children from tumbling into the water, and every youngster swims like a duck, so they say.

A very wide paved boulevard skirts the Maas. There are several bridges spanning this where one travels over to a closely built island two or three miles long.

The shipping in Rotterdam is wonderful. Here is where so many Dutch emigrants embark for America. There are miles of docks —miles which have been multiplied by sticking the docks endwise out into the water allowing vessels to tie up at the ends and on both sides.

We saw the dykes which keep the ocean out of Holland until it can be gradually filled up above the level. At the rate they are shoveling sand out of the water, piling it inside the dykes, driving piles into it and piling up masonry, it won't be long till all Holland is above sea level.

Everybody in Holland seems to look

upon Americans as their first cousins. We were welcomed at every turn, and everybody was anxious to show us the sights, and tell us about the time when the Pilgrims lived twelve years in Holland before they came to settle up America. We were shown the old church where the Pilgrims were blessed before they embarked. The rough stone floor is made of slabs covering dead and gone Dutchmen, many of whom were laid there at rest before the Pilgrims came to America. Some of the slabs are sunken several inches and yellow water stands in the depressions. The day we were there the women were scrubbing the place clean for Whit Sunday. How people can worship in such a place without contracting typhoid fever or some other plague is more than I can understand. And the Dutch are said to be very clean. The old woman who is a sort of janitor to the church invited us into her home which is attached to the church, and we found it immaculate as it was old-fashioned. Her grandchild lay smiling and cooing in one of the old Dutch beds built into the wall. The place smelled sweet and clean. And righ, on the other side of the wall stands this dank and dismal old church, its frowning severity of Protestantism and its absolute lack of adornment showing to us in strongest contrast to the beautifully adorned Catholic and Episcopalian Cathedrals which we had visited everywhere else.

As we came out of the church door our attention was directed to the worn stone steps down which the Pilgrims stepped when they embarked for America.

EDITORIALS III

Amsterdam.

Only one day in Rotterdam and then on to Amsterdam. People told us Rot-

terdam was not "nice," but we found it so. They told us that Amsterdam was a very fine city, very nice, with lots of high-toned people.

And we found it very disappointing. There was a fine hotel there—that knew how to charge. Our first sight of the city showed us more poor people and much dirtier streets than we saw anywhere in Rotterdam. Later we rode around the beautiful parks in Amsterdam—and compared them mentally with the quaint and charming "sunken" park in Rotterdam.

There are many fine homes in Amsterdam, which is a large and rich eity.

And there is one of the most enjoyable art galleries that we found, the Rijks Museum, where there are over three hundred rooms, and a stupendous collection of fine art treasures, paintings and sculpture, besides the other interesting and quaint surprises which one finds in museums.

In a previous number of Nautilus I mentioned the famous "Anatomy Lesson" of Rembrandt's which is beautifully hung and lighted in a special room of this gallery. By a slip of the tongue I attributed this "Anatomy Lesson" to Rubens instead of to Rembrandt. I don't pretend to know much about art works—this journey was my first real instruction on the subject. I

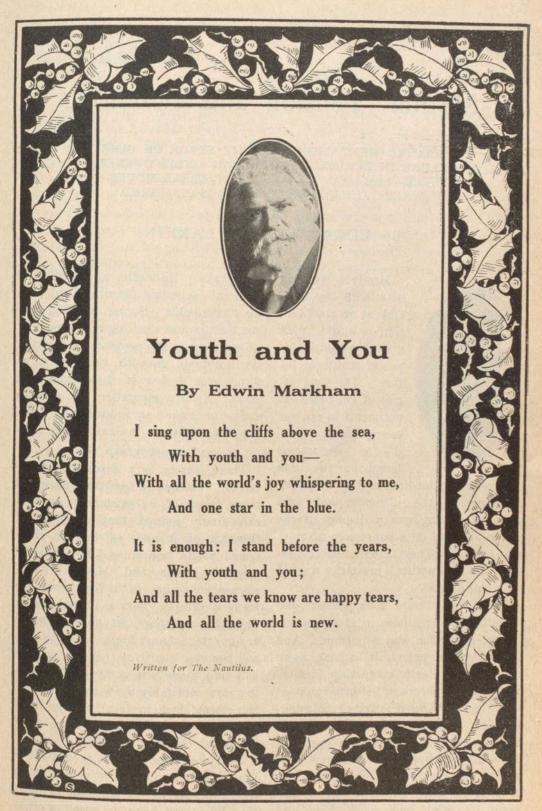
brought home hundreds of beautiful postal cards and many pictures, not to mention a few scores of guide books. By the aid of these I shall continue my education from time to time. And in another year or two—when I can get William's courage up to the sticking point!—I want to go to Europe with him and live there for several months. After that I shall probably have passed the stage where I might mention Rubens for Rembrandt!

Dutch Fashions. One of the very interesting things in the Rijks Museum is an immense collection of wax im-

ages, life size, showing all the different kinds and classes of Dutch people, in all manner of national costumes, little children and big, boys and girls, old people and young and middle aged, rich and poor, workers and drones, orphans, officials, fishermen, sailors, not forgetting two imbeciles.

In Holland people do not rush madly after the latest fashion. Rather they seem to evolve a distinctive costume for a class, and everybody in that class confines himself rather strictly to the class costume. And many of these costumes have been in use for hundreds of years with little variation. It was only in the hotels where the natives are more or less Americanized by contact with the guests, that we saw anything like an attempt at following the fashions.

"It is not the job that makes the success; it is the man."



Mental Tension and Potential.

ELECTRO MENTATION AND THE SURGE OF ELECTRONS IN BRAINAL CENTERS—AN UNDISCOVERED FORCE—THE DEMAND FOR A UNIVERSAL MOVER—WHERE THE POWER TO BUILD IS CENTERED.

By EDGAR LUCIEN LARKIN.



Mind is working in a high key now, and at greater tension and with greater potential or power than ever before. The long series of elaborate experiments in radiant energy and recond it e deductions based on the data

thus secured, leading to the discovery of electrons—the ultimate and final units of nature, was a display of the action of mind on a supremely magnificent scale. These accomplished researchers into nature's mysteries worked with millionths.

Finer forces were soon encountered in radiation, expansion, contraction, cohesion, attraction and repulsion. And highly refined potentials in heat, light, magnetism, electro-magnetism, chemism, electro-chemism, electro-radio-activity and magneto-activity. Electricity long thought to be continuous was discovered to be particled or granular. Then all imagination soon became powerless, impotent and feeble, and it discovered its own weakness in any attempt to think how small these ulti-

mates are. Billionths and trillionths came into scientific literature and these are unthinkable. Seeing, hearing, feeling, tasting and smelling are excessively coarse when in the presence of electrons. We are huge uncouth monsters if we stand near a flow of these primordial units. Electro mentation seems to be a flow or rather an indescribable surging of electrons in brainal centers.

AN UNDISCOVERED FORCE.

There surely is a force totally unknown. Science is becoming more and more aware of its existence. It is so exceedingly refined that any hope of thinking of it may as well be abandoned in its beginning. Yet it is the original Power and Mover. Every science converges to a focus and this focus is shining upon a Primal Power. Say what one may, set up all possible arguments, exhaust logic, reject all that one has ever heard or thought; then he will find himself in a flow of converging rays inevitably drawing toward this one eternal fact, namely: Science in its highest, demands the existence of a Universal Original MOVER.

A capital discovery has been made in human speech, in the very basic roots and structure of the language of man; thus he cannot begin to speak or write

about Nature, of the Universe, without using active verbs, words implying motion, being, existing, living. It is hopeless and useless to try to escape the conclusion that all these words are rooted and grounded within a mental base. I do not know how many times I have written for the Nautilus this statement: Electrons either know how to build atoms, or are directed by a Power which This is a tremendous assertion. A universe is included within its all powerful, forceful and most impressive words. Behold this: If the Universal Power is external to the electrons, then it is so inconceivably near to them that no computation can tell how near.

And this: electrons have no diameters. Look into this assertion; from some determinations, it has been deduced that 12,700,000,000,000 electrons placed side by side would make a row one inch long. But with this diameter for each, it is as well to say electrons are centers of force. Now is activity within these bodies, if they are bodies, of this order of magnitude, or is directivity without?

Positively, this line of exploration is approaching a place excessively near the seat of Primordial Power.

From all that possibly can be discovered at present, it does surely appear that electrons act from their centers, not from their peripheries. They build diamonds, and the name they may be called is builders. Now it as difficult to think of a builder as of a Creator. For to cause matter to appear in cosmic space by any building process is a task

as arduous and difficult as to create it. But we cannot think of create or Creator, and this is one of the most, it is the most astounding fact within range of human experience. There is a mighty reason why we cannot think of the Creator, it is this: We, our minds are parts of the Creator, for it has been found out that mind cannot think of mind.

This is the rock upon which all coming philosophy must and will rest. Coupled with the rigid facts in the nature of words, of combinations of words, language, these thoughts inevitably lead to the rock-hewn assertion that human minds are manifested or individualized portions of primeval mind, the creating mind—the Creator.

Then it is true that matter is but a concretion, a tangible, or little transitory phase of the far greater—the mental. We actually "live and move and have our being" in the Universal Mind.

An object—a crystal for instance—requires a powerful mathematical mind to understand it. Beyond all hope of dispute, these were formed by a mathematical force, that is, by a force that knew how, in short by mind. Every scientific man knows that he is very close to a Mighty Power, whose nature is unknown. And perhaps there is not a true scientific man who would assert that this Power is not mental.

Power to build must be centered in the Builder.

Power to do the same, create, must be within. No, must be the Creator—the totality of all existing MENTOIDS—electrons.

To Reform It.

BY SHELDON CLARK.

Does the world seem cold to you?

Your own Heart-fires may warm it;
Take another point of view!—

Instanter, you reform it!







"Los paises del sol dilaten el alma"—the lands of the sun expand the soul.

Our window is illumined by an emblem of Christmas new and fascinating to our eyes—a bough of scarlet silken leaves grouped into whorls on their stout-fingered twigs, broad stars of living tissue red as flame. It is the poinsettia, the Buena-Noches of the tropics. What sort of holiday can it stand for in this summer land where nearly all the traditional adjuncts of the season—snow and the fireside, icicles and sleighbells—are unknown, lost in the magical marriage of December with June?

For days, owing to the approach of the Good Night, every one has been abroad, shopping or visiting. The ubiquitous bicycle basket has been heaped with all sorts of promising parcels-eggs, bonbons, crabs, packages with fish-tails and the legs of fowls and wild game-birds protruding; cream puffs and kuchen from the downtown bakery; oranges, sapodillas, pineapples, grape fruit, limes. Many have come in from outlying plantations, that dream the year long amid green marshlands and sun-drunken jungle; they have brought the decorations for the day-long-leaf pine and Australian beefwood for trees, strange vines and plumy ferns, armloads of poinsettias, and huge palm fronds that almost swept the ground before and behind the bearer's wheel. For the only people here who do not ride bicycles are laboring negroes-those from Georgia, and those who speak the rolling, many-voweled dialect of the islandsand the Seminoles who wander through the dazzling streets in barbaric glitter of stripes and beads

and coins, the brightest colored and most tropical creatures in this bright tropic land.

All Christmas eve we sat under the blossoming lemon trees in the warm white splendor of the moonlight, listening to the mockingbird and to the play of children in the street. Miami boasts more children to the block than any town I was ever in; they all know to the fraction of an inch how close they dare stand to a passing wheel,—and they all, of whatever grade or condition, look clean and comfortable. I have not seen one who looked hungry.

Christmas day begins at cockcrow with a very Southern crackle of small fireworks. Our program includes a dinner on the beach—a dinner in which fruit from island plantations takes the place of pie, and the main dish is Spanish mackerel—a creamy meat, more delicious than turkey.

The children, unabashed by the august presence of the sea, tumble and shout between the rustle of the palms and the roll of the surf. Somebody is caught and soused over by every seventh wave. They pick up sea-beans, curious sponges and corals, sea-urchins, star-fish—all the peculiar flotsam of coasts washed by the Gulf Stream. The

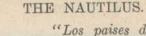
prize of the day is a shell, broad, round, and irridescent with an underglow of gypsy-gold.

Their limbs glisten as they splash and roll. After dinner they are joined by a schoolmate—a jolly little maid in blue flannel bloomers, who laughs and leaps like a seaborn creature.

The blue of the water is astonishing. The sky perfect as it is, is paler by a hundred shades; and the purity of its cloud-banks is matched by the dazzling purity of the surf, borne inward by strong and joyous waves.







"Los paises del sol dilaten el alma." No wonder!

Twenty years ago this place was accounted all but uninhabitable. The very site of the city was only a group of settlers among the shifting camps of Seminoles, backed by a solitude penetrated only by an occasional hunter or surveyor. But already we have ceased to think of high latitudes as the mere breeding places of storms and disease. No longer are these foes unconquerable. Speak of South America, of Mexico or Africa to a man of today's world, and the idea called up in

his mind is one of breadth and bounty. The rapid development of isle after isle from desolation to playgrounds of Edenic charm points out a task for the coming century—that of peopling and cultivating the tropical wilderness.

In fertile continents lying athwart the equator is room and sustenance for a new and powerful race that is to be.

For the check in the waste of life already begun by scientific management in centers of civilization will, so soon as it becomes generally effective, beget a confidence in conditions of existence that must result in an increased birth-rate. Between these two influences a mighty populaton, young and ardent, shall come into being and flow southward.

In that zone new cities shall arise and flourish, cities rich and beautiful, brow-bound with the azure of tropic seas; capitals erected not according to the outgrown pattern of magnificence laid on a mudsill of misery, but glowing with health and happiness for every man's own.

As we come to recognize the







THE NAUTILUS.

value of human life we shall work out problems of vital economy with a larger understanding; we shall see farther, know more.

The Natividad is over, the children asleep beside their Christmas treasures.

In the silence between the last incoming southbound passenger and the earliest automobile, I seem to hear the feet of nations beat this way; I listen for the beating of heart's unborn.

"Los paises del sol!"

The first flush of dawn falls on the boughs of poinsettia, flaming in scarlet whorls across the pane -antithesis of the glistening holly, thorny as the mediaeval confession of faith, or the bloodless parasitic mistletoe. The emblem looks not toward the past; it is not the sprig of the Passion-unshadowed by the night of sorrow, of old cruelties, of bloody sweat and tears. These leaves of sweeping, gracious curve, this color rich as new blood and bright as flame-may it not symbolize a warmer, freer spirit in human relations? Who knows but that when the new lands are won, as homes for the common people, that life will gain for us all a fuller and deeper perfection than it has today, and that Christmas Day and its emblems shall have a truer, finer significance than any we have yet dreamed?





Your Will Power.

By FRED G. KAESSMANN.

How's your heart? Say, how's your will power? Ever hear of WILL POWer. Gee, doesn't it make you laugh to hear me say: "Did you ever hear of will power?" It would make a kid laugh wouldn't it? I'm smiling all over. Makes me laugh to see you laugh. I'm laughing to think that you think you have will power. I'll bet a cookie against nothing that your will power isn't worth ten cents on the dollar. There now. However, mine isn't worth full value as yet by any means—so—don't worry.

You ask, "How does one develop will power?"

You develop will power by developing will power.

Fine explanation that—clear—explicit—isn't it?

Are you sure it isn't? It is.

The MORE you USE your will power—the oftener and the stronger you compel yourself to COMPLETE what you set out to complete—the sooner will you develop strong will power.

It's a matter of USE. You must USE what you have before you may have more. Only by doing so can you draw upon your latent powers. Once you get around to drawing upon these latent powers, though, you will be astonished. You will perceive then what a gold mine

you have had within you all these years without appreciating its enormous value.

Yes, WILL POWER is a grand thing. It makes winners of losers—brings happiness where at first there was unhappiness.

What's that? What is will power? Why—ah—ahem—it's will power. It is a combination of positives strong enough to wipe the floor with the bunch of negatives playing football with your success chances. Funny thing, isn't it? Will power comes of having positives—and the positives come from having will power. The conundrum beats, "Why is a hen?" all hollow. No wonder you look dazed.

Listen! Here's a valuable tip. Marshal all your powers to strengthen some ONE weak point. These powers may not be worth fifty cents on the dollar, but the chances are that they, combined, can accomplish ONE thing. For instance, your health may be poor. Now, if you can scare up will power enough to take twenty-five deep, free breaths in the morning before getting up, the chances are that your health will improve wonderfully. Best of all, as your health improves, so will your will power —for the stronger a person is, the healthier, the surer he is to possess a DESIRE to do things.

WHO gets the benefit?

Speech is but broken light On the depth of the unspoken.—George Eliot.

Fatigue: What It Is.

WHAT IS FATIGUE?—THE MAN WHO FOUND OUT THE NATURE OF FATIGUE—FORMATION OF FATIGUE TOXINS—EFFECT OF DIET—WHY ATHLETES GO INTO TRAINING—THE INFLOW OF COSMIC ENERGY.

By HEREWARD CARRINGTON.

We all know what we feel like when we become fatigued. Many of us, perhaps, wish that we did not know so well! Yet fatigue may be postponed, very largely by anyone who knows how. The secret is to "know how." And, in order to understand this, it will be necessary to ask the question, first of all: what is fatigue? For, until we know what we have to postpone, we can't very well postpone it!

For many years fatigue was an unsolved problem. It was Professor Mosso, of Turin,—the author of a very fine book on Fear-who first elucidated the nature of fatigue, and studied it in detail. He found that muscular fatigue was due to the formation of certain, definite poisons within the system,-which poison the muscles, and prevent them from performing their labors properly. This is the fatigue poison; and its definite existence and powers were proved in this way. Some of the poison was injected into the muscle of a dog who had undergone no exercise at all; and this dog showed all the symptoms of fatigue—just as the other dog did from whom the poison had been taken. It was found that, by washing out the muscles with a solution of salt and water, it was possible to wash out

or remove the fatigue poisons altogether, and leave the muscle clean and free from the feeling of exhausion, as at first. This was a very definite step to have taken.

Once we know that fatigue is the result of poisons formed within the system, the question arises: How can we prevent their accumulation—since, if we could do that, we should prevent fatigue, or at all events, retard it for a longer or shorter time.

Well, there are two ways of stopping their formation. By preventing them from entering the system, and by getting rid of them, once formed. We must discuss these in turn.

While the fatigue toxins are actually formed within the body, during exercise (and in that sense are not taken into the system at all), they do enter the body in an indirect way. All impurity enters—must enter the body—in one of two ways; either through the mouth or through the lungs. If we breath vitiated air, and eat too much food of an indigestible character, we clog up the body with an excess of malassimilated material, which will sooner or later cause trouble. Poison is already in the system, in fact. When this is the case, it requires very little mus-

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cular work to bring about a condition of poisoning in the tissues; the excess of material follows the blood supply and becomes lodged in the muscles which have been working. If anyone tires easily, therefore, it is a sure sign that he is already in a more or less self-poisoned condition, brought about, almost invariably by eating too much, exercising too little, and breathing bad air. A body which has been given pure air, a certain amount of exercise and not too much food, can, on the other hand, go on for hours and hours without the slightest symptoms of fatigue. It becomes largely a question of diet. Mr. Horace Fletcher, in writing of this, says:-

"Did you ever try to reason out why it is necessary for athletes to go into training? Simply because, in order to get the best use of their strength, they are obliged to spend some number of weeks or months in overcoming false conditions which they have brought upon themselves. Any person who lives in accordance with the simple requirements of economic nutrition has nothing of this kind to overcome, but is in perfect condition all the time."

So, the first thing to do, in order to overcome fatigue and render yourself impervious to it, is to eat less, exercise more, and breathe fresh air. These rules are invariably safe for the ordinary man or woman.

The second thing to be done is to get rid of the fatigue when once it is present. From what has been said, it will be obvious that this is virtually the same question as: How can we rid the muscle of its accumulated poisons? Let us look at the problem in that light.

Rest and time are the chief requisites, of course. Without them we can do nothing. Sleep is the great restorer. But, apart from these natural measures,

there are certain artificial helps that can be employed when the occasion requires. Massage is of great benefit, in occasion; as it brings more blood to the part affected, and thus carries off some of the poison lodged there, and conveys it into the general circulation. Alternate hot and cold clothes will have very much the same effect, because of their action on the surface circulation. They will alternately draw the blood to the surface and drive it in again. Gentle exercise later on will assist in clearing the clogged muscle of its debris; while steaming the part affected (thus thoroughly opening the pores of the skin), will assist greatly in removing the last traces of the fatigue.

Fatigue thus presents a condition which is not only debilitating, but in a sense degrading. Miss Russell, for example, says: "Fatigue is stagnation, unremoved debris, decay; and all decay, physiologically considered is disgusting.

* * When a man is tired, he has, either by inactivity, or over-activity, committed a chemical physiological and psychological violation of the laws of economy." And Dr. Trall said: "Laziness is an indication of disease."

Why do we wake tired in the morning? Those of us who are in perfect health do not do so; only those whose systems are choaked with fatigue material and other debris. We wake tired in the morning because too much material has been finding its way into the blood from the digestion, and because, during the quiet of sleep, the blood has taken the cpportunity to drop in the connective tissue that excess of material which was oppressing it. As the connective tissue forms the covering of the muscles, bones, joints, and nerves, the consequence is that the whole locomotor system is, in such circumstances, overloaded, so that whenever we begin to move, we are tired. I cannot conclude, however, without emphasizing the distinction between muscular and nervous fatigue. In a sense, the latter is the only form of real tiredness. While the muscular fatigue is caused by poisons, as we have seen, nervous fatigue is due to the emptying of the nerve-cells of their vital contents; and is a far more central factor than the former. For, whereas, muscular fatigue can be removed by means of physiological measures; and will pass off in

time; true (nervous) fatigue will only be removed by rest and sleep, and it can be removed in no other manner. We must be careful to distinguish these two forms. But the same measures taken to guard against and prevent fatigue in the one case will guard against it in the other also. "Cleanliness is next to Godliness;" and remember that, if you keep the body sweet and clean, a greater inflow of the Cosmic energy will take place, illuminating the mental and the physical life alike.

Lessons in Constructive Science.

HOW THE HEART OF THE NEW THOUGHT PHILOS-OPHY IS MISSED—POVERTY VERSUS CHARACTER— THE RIGHT TO LIVE ABUNDANTLY—THE ESSENTIAL PART OF SELFISHNESS—THE STRUGGLE OF THE JUNGLE.

By WALLACE D. WATTLES.

LESSON XIV.

IDEALS AND HOW TO FORM THEM.



HERE lies before me as I write a letter from a new thought student who states that his desire is to be "the richest man in the world." This indicates to me that he is missing the very heart

and essence of the New Thought. His results will be wrong because his ideals are wrong.

In so far as the desire for riches is

concerned, that in itself is perfectly natural and right. Volumes have been written and sermons without number have been preached in praise of poverty as a means of developing character; but the fact remains that no poor man or woman can live a really complete and successful life. No one can develop talent or fully unfold the latent powers of his soul unless he has plenty of money; for to unfold his soul and to develop his talent he must have many things to use and he cannot have these things unless he has money to buy them with. Poverty may develop certain desirable traits of mind, but poverty cannot evolve all round character. Character is developed by association with men and by making use of things. Under our present organization of society, man must have money in order that he may become the possessor of things;

and so man must, if he would reach his greatest height be rich. His desire for riches is therefore right and legitimate, for the object of all life is development; and everything that lives has an inalienable right to all the develop-

ment it is capable of attaining.

Man's right to live really means his right to have the unrestricted use of all the things which may be necessary to his fullest mental, spiritual and physical unfoldment; that is his right to be rich. Man's needs as he progresses become more numerous, for he develops more faculties and his life is more complex. We have reached such a stage of development that the most ordinary man or woman requires a great amount of wealth in order to live in a manner that even approaches completeness. No one can help wanting to become all that he is capable of becoming; the desire to realize our innate possibilities is inherent in our nature. There is nothing wrong then, I repeat, in wanting to be rich. The desire for riches is really a desire for a more complete and abundant life, and that desire cannot be other than praiseworthy.

A man who does not desire to live abundantly is abnormal, I might say, criminal. It is wrong to be content with poverty just as it is wrong to be content with any other imperfection. It is right to seek for material riches just as it is right to seek for perfect life in any other way. But while all the foregoing is true and the desire for riches is natural and legitimate and right, why should anyone wish to be the "richest" person in the world? Why not simply desire to be rich, to have enough, to have all that one wants for the living of the kind of life one wants to live? Why not form your conception of the ideal life for yourself without forming a lower ideal for others? Why wish to be richer than other men, or

than any other man? Such a desire can only come from a narrow form of selfishness, from a wish to exercise power over

the lives of other people.

Those who would use the mind scientifically either in the attainment of wealth or mental power need to guard themselves very carefully against the insidious temptation to seek dominion over the minds and bodies of others. The desire to rule is a relic of savagery and the jungle-man; it should have no place in an enlightened soul. To the fully developed spiritual man nothing is more distasteful than the idea of dominating either the thoughts or the actions of those around him. But in the struggle for existence through which the race has passed, the desire to dominate has become deeply planted in the subconscious mind, and it is really the motive force in most of the world's activities today.

Why does a man like Mr. Rockefeller, possessed of a billion dollars, burdened with wealth and having a thousand times more than he can legitimately use for himself, continue to reach out for more? He does not need the money and it cannot in any way add to his life. It is not greed for gold, nor is it merely the pleasure of possessing that keeps him in the battle; it is the lust for power. The world's history for ages has been the history of the struggle of selfish men for dominion over their fellows. Kings and princes have marshalled their armies and drenched the soil of the earth with blood and tears in their efforts to extend their power over Statesmen have planned and priests have prayed and schemed and all to the same end-that they might bring the bodies and minds and souls of men under their voke.

The essential part of selfishness is really a desire to rule others. There is no other form of selfishness that is really harmful. It does not matter how well you love yourself or how solicitous you may be for your own welfare and comfort if you will only let other people alone. All the mischief in the world is done by selfish people who try to make other people do what they want them to do. Nothing so appeals to the mind and heart of the undeveloped person as an opportunity to exercise power over some one else. This is the fundamental desire of the selfish soul and this desire is the motive force in modern business. The battle of business is not for wealth to be used in attaining a richer and a fuller life, but for wealth to be used in controlling the destinies of other men. It is the old struggle of the jungle fought out with brains instead of clubs and spears. The commercial kings of today are selfishly seeking power just as the political kings of the past sought for power; and I say again, the motive force in it all is the selfish desire to acquire some form of rulership or dominion over others.

To practice scientific thought you must get out of this purely selfish struggle and drop its motive idea from your mind altogether. What the new thoughtist must seek for is life, and not material or spiritual dominion over others. He must recognize the fact that there is enough and more than enough for all and he must ask for his own. Know that in the abundance of nature there is all that you can use; and know also that there is all that every other man can use. Why should you wish to have more than any other man? Wish to have enough, and wish with equal intensity that everybody else shall have enough also.

Do not form the ideal of yourself as belonging to a superior class, but form your ideal of yourself as living a perfect life. Seek to live your own life completely, richly and without interfering in any way with the lives of others. Do not desire to be richer than others; desire to be rich and desire that everybody else shall be as rich as you are. Do not seek for the "uppermost places at feasts" or to be called "master" in the market place. In the twenty-third chapter of Matthew, Jesus makes a very sharp and plain distinction between the struggle of the Pharisee for place and power, and the true life of simple abundance and completeness which he taught. It can do you no possible good to attain mastery over other people; but if you do attain it, it will certainly do you great harm. There is no relation so corrupting as the one of master and servant. It degrades the mind of the servant by putting him in subjection, and destroys his power to initiate thought; and it destroys the master by giving him a dominion which no one has a right to have.

The law and the prophets may be summed up in these four words: "mind your own business." Desire for yourself all that you need for the purpose of living a full and complete life and desire that everybody else shall have all that is necessary to the living of an equally full and complete life. Do not seek to interfere in the affairs of others. Live your own life and let other people live their own lives. "Whatsoever you would have other people to do unto you that do ye also unto them." And that simply means, go your way and let them alone.

Grieve not over the past, for the endless future is but the past given back, for reparation.

Mental Foods and Poisons.

NOT BY BREAD ALONE—PROVING THE NOTHING-NESS OF SHADOWS—WHY MEN HATE—AWFUL LABOR ACCOMPLISHING THINGS WEARILY—JOY A ROYAL GUEST—LIVING IN THE OPEN.

By ADELAIDE KEENE.

We do not live by bread alone but by thoughts. Love is a food, hate is a poison. Love is shown by gentleness, charity, peace, patience, faith, joy, praise, satisfaction. Hate is shown in all its serpent brood of selfishness, cruelty, spite, envy, suspicion, revenge, fear and remorse. Love is God, or good, in action and hate with its attributes, is lack of good, or the devil, as men say. Now we believe in but one great cause, filling all space, and the devil is non-existant, hence hate, etc., are but shadows. But fearful things which haunt and kill! Let the light shine, light your little candle, and love will prove the nothingness of the shadows!

Men hate because they fear. They fear because they do not believe in God, in his promises to give them their own. So they spoil or steal the happiness of others. Love seeketh not her own! Why should she? She knows that God will do as he promised. How queer it would be if he did not! For God insists that we keep our promises. Surely he would not ask us to do what he is unable or unwilling to do himself! Study the Bible for all the great promises of "no limitation," of Infinite Love. It will open your eyes. It says, "whatsoever ye will, open your mouth wide, and I will fill it!" "All your needs!"

"Break every yoke, open every door!" and all these are to prove "good measure, pressed down and overflowing!" Infinite Love!

It does not pay to be wicked. History and prison records prove it. Many a man has died shamefully after years of ingenious efforts to cheat the great cause, who is Nemesis, or cause and effect. Man is made in God's image and the least deviation from spiritual perfection brings sickness, poverty and death. "I will give thee to eat of the hidden manna!" Surely love is a tonic. It satisfies as hate can never do. The man who hates, even if he has cause, or thinks he has, is a fool. We are told to love our enemies, because our hatred of them hurts us far more than their hatred of us. In united, congenial families, we see great deeds done, the full man acting out of his destiny. Appreciation does it. In houses of hate we see awful labor accomplishing imperfect things wearily. Isn't this true?

Man is at one, powerful, happy with the great universe when he has in his body the four elements perfectly balanced, fire, air, earth and water. Water he needs for purity, simple foods, or earth, to replenish his frame, air to cleanse his lungs, and love the Divine fire to keep him going. This fire burns

out the stubble, or obstacles to success. Elmer Gates says that remorse creates a pink precipitate, killing healthy animals when injected from a man's body. Anger is brown, extreme sorrow is gray. All these are poisons. It is not safe to live with them in your body or your home. Love will purify and heal. It is truth or good, going into every part a food. The homely girl who gets a lover becomes pretty because her lover is affirming the truth for her! And she repeats it raptuously after him, "I am lovely, I am loved!" And where love is, God is, hence joy. Beauty, truth and love are one. Get truth or affirmations of love and beauty and you can create the things you long for. They correspond to the Trinity, or Father, love, the Son, truth, and the Holy Spirit, life. The life more abundant, or health, follows, for the three are inseprable! Here is a great fact. Have you noticed how many embezzlers die, free or in prison, painful deaths? It all comes from the poison of remorse. Few wicked men have died peacefully. Joy is such a wonderful heart stimulant that it has suddenly killed. Take it daily in small doses, rejoice over your blessings. Joy is a royal guest, she is the Queen of Sheba, who must be entertained or she will leave you. knocks at your door and finds you wailing, quarrelling, hopeless, she goes to

another house where peace and laughter reigns. Therefore, put your house in order, be happy, somehow, and she will feel at home, and will remain!

Those who live by the hammer shall die by the hammer. The man who invented the guillotine perished under it and many inquisitors and doctors studying cancer or instanity with kindly motives have died of those means. Walk out and see the pale, sad faces, distorted bodies which hate has made. All these poor souls need is love, lots of love. Mrs. Browning was cured after years in bed by love and love making. Some one to tell us we are nice, that we are good and lovely! How cheap, how effective! Shun the druggist, buy hope, joy and faith of the great Physician, and you can cure the incurable! Iron, mercury, arsenic, will never rub out the mistakes of prenatal hate, or the bitterness which rebelled against fate! How could they?

Satisfaction over your work, your blessings is a grand food. It fills the soul, unites one with God, who rested, after his work, "calling it all very good." The whole race is evolving or freeing itself by love. Gone save in a few dark places are torture, war and bigotry. But whenever you find priests preaching eternal suffering, or doctors dissecting disease you will find poverty and sickness. Come out into the open and live!

Now.

BY ETHELIND LORD.

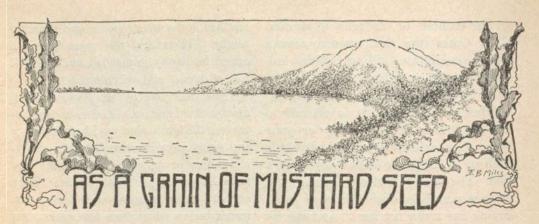
"Unto the day, the day."

To-morrow ne'er appears.

Live NOW, and put aside

Your dreams, your foolish fears.

"Unto the day, the day."
NOW is the time to give
Of faith, and hope, and charity—
NOW is the time to live.



By WALLACE D. WATTLES.

CHAPTER VI.

FREDERICK GAYLOR.

It was nearly midnight on the first of September when Nellie had the spiritual experience related in the last chapter; and earlier in the same evening a handsome, well-dressed young fellow was sitting at a table in a gambling room in one of the Southern cities of the United States. Presently he rose with a laugh.

"My last dollar," he said to the dealer, "and the last of ten thousand you have raked in within a month." The other took a hundred-dollar bill from a pile at his side, and passed it across the table.

"Take that toward a new start, Fred," said he, "and when you have made another pile, come back and try me again."

The young man picked up the bill, stuffing it carelessly into his pocket, and, yawning, left the room and the house. At a fruit stand on the street he paused, and, finding some loose change in his pocket, made a purchase; the dealer, with a word of apology, wrapped it in a newspaper. Reaching his room, the young fellow was about to cast this aside when he noticed that it was a recent issue of a daily printed in a northern city; and while eating his lunch he looked it over curiously. Suddenly his form stiffened and his face turned very

pale; his eye had fallen on the following adveatisement:

"PERSONAL: F. G. They have given her until the 10th of April to return the full amount, and if not done they will prosecute. If you are a man you will help save her. W. S."

The paper fell from his hand, and he sat for several minutes staring blankly through the window into the darkness of the night.

"They will prosecute!" he muttered. "Yes, of course, Packett will prosecute; he will send her to the penitentiary. If she had just kept silence he could never have proved it; but I suppose she went straight to him and confessed; dear, honest little thing!" He arose and went to the window, and stood looking at the stars; it was the very hour when Nellie, hundreds of miles away, was also gazing into the heavens and pouring out her whole soul in prayer and affirmation for him.

"I've done some dirty things," he cried aloud, "but this is the worst of all. Poor, faithful girl, how she trusted me; and they will send her to the penitentiary for life!"

A horror beyond expression fell upon him, and he clung to the window casing for support.

"My God!" he cried in a voice of anguish. "My God! it will never do;

she must be saved. I've got to save her, and I will! God," he raised his face again toward the stars, "hear me and help me! I've been a cursed scoundrel, but from this instant I'll be a man. I'll never do another mean act; I'll never wrong another soul. And I'll save Nellie. Help me, God; help me to find a way to make ten thousand dollars before the first of April. I'll make right what I've done; I'll save her, or I'll die!"

He fell back into a chair, and sat for a time trembling with emotion; great drops of sweat stood on his forehead. An hour passed before he grew calm enough to think intelligently; an hour of intense misery, for he seemed to be in the grasp of some powerful inward force, which, while impelling him strongly toward righteousness yet held up his past sins before him in all their naked hideousness. Often he groaned or cried out in horror and self-abasement at the pictures which were brought forward in his memory; but through it all there was steadily welling up from within him a great and overmastering purpose; the will to do right. The sub-conscious depths of his soul had been reached and awakened by the prayers and affirmation of the gentle girl who had suffered so cruelly at his hands, and the quickened soul was asserting its power; he was another man. After a long time spent in thought, with occasional lapses into bitter self-reproach, he arose with a look of resolution on his face.

"I will go back to the mines of Arizona," he said, half aloud. "I know of no other place which offers such hope of making a fortune in a few months. This hundred dollars Jake gave me will carry me there, and leave a little for a start; I'll catch the first train." And arising, he began hastily to pack his clothing.

The tenth day afterward found him in a mining camp in the far southwest,

working feverishly among a hundred others, but with small success. An occasional rich "strike" was made on some of the claims in the gulch; one man, on the claim adjoining Gaylor's found a "pocket" of gold, containing a fortune; and the finds were frequent enough to keep them all in a fever of expectancy. But most of the claims vielded little more than enough to sustain their owners from day to day; and Gaylor's was of this class. He worked hard, far harder than any of the men around him; and he lived very sparingly; but still the gold in the buckskin sack buried in his shack increased with a slowness that, to him, was terrible. But he toiled on eagerly, hoping each day for the possible "strike" which would give him the means to save the girl he had wronged from the cruel fate which threatened her. He knew that there were no other diggings which promised better than the spot where he was, and that there was little likelihood of his bettering his chances by moving to another camp. At night, when the other men gambled, drank and caroused, he sat in his cabin thinking only of his one great purpose. Neither cards or liquor tempted him in the least; all desire for the pleasures which had formerly ruled his life had been swept away by the mighty longing for truth and righteousness which had so suddenly swept up from within him on the night when Nellie had made her supreme effort in faithful prayer. Christmas came and passed; weeks slipped away, and it was the first of March. He had only been able to save two hundred dollars, and he began to despair.

"Only a month;" he reflected one night, sitting in the door of his shanty, "only a month, and ten thousand dollars to make. I've got to make a change. There is no fortune in this claim of mine." Even as these thoughts passed through his mind, he heard a sound on

the bluff above him, as of some heavy body being dragged slowly over the ground; and, after listening for a moment, he arose and stepped out into the moonlight. His cabin was the last of the row which formed the main street of the camp; it stood at some little distance from the others, and he was quite alone; but as the miners were generally peaceful and law-abiding, he felt no fear.

"Who's there?" he called as the sound was repeated. A groan, which sounded as if someone might be suffering extreme pain, was the answer, and then a weak voice called:

"Help!"

CHAPTER VII.

SELLING A PLAY.

So, in due time, Billy Stewart went to New York with the completed manuscript of his play, and Bartlett, the playwright, having read it carefully, became enthusiastic over the work.

"You've done a big thing, Billy," said he a little enviously. "You have told something the world needs to know, and done it without spoiling your play. I've never been able to do it, myself; I've tried one or two plays that taught, and no one would consider them at all. But this one will go; and we'll begin to call on the managers tomorrow. We will take our time, and find a man who will treat you exactly right, even if we don't get the play brought out before next year." Billy shook his head at this.

"I must get the play put on right away," said he. "It must bring me ten thousand dollars before the first of next April." It was now September.

But with all their enthusiasm the matter dragged. The first manager to whom they submitted the play kept it about ten days, and then reported that, while it was very good, he was so bound by a contract with another author that he

could not produce it for a long time to come; and the second one, after reading it himself, asked leave to submit it to his leading lady, who took six precious weeks for consideration, and then rejected the leading part with scorn unless it should be entirely rewritten along lines she suggested, which would have quite spoiled all the rest of the play. This brought them to the first of November: two more months were gone, and Billy was getting uneasy, although he concealed the fact from his mother. Bartlett now suggested that they should try Aronson, a Hebrew manager, who had a large theatre in the city, and kept several companies on the road as well.

"We ought to have gone to him at first," he said to Billy. "It is always better to 'try out' a play in the smaller cities before putting it on here."

Aronson was a fat man who wore much jewelry, and whose hair was very black, and very curly. He was courteous, but brisk and decisive. He glanced hurriedly over the play, and seemed to be impressed with it.

"You go home," he said to Billy, "and let me have a week to look this over and read it to my company; and if it is what it looks to be, we will put it on as soon as they can learn their parts," and with this arrangement the young man was compelled to be content. They went out of the manager's office into the theater, where the company had just finished a rehearsal; and Bartlett introduced Billy to several members of the troupe, notably the leading lady, and a young actress whose name was Esther Jayne, With these two ladies the two young men became engaged in an animated conversation; and the matter ended in their going out to dinner together.

"Tell us something about your play," said the star to Billy, as they sat down at the table. "We play here two more weeks, and then Aronson will put us

out on one of his circuits; and if he likes your work he will give it to us to try out in the one-night stands." So he gave them an outline of the rlot of his drama, and somewhat to his surprise both girls appeared to fully comprehend and appreciate his ideas.

"So, you are a metaphysician," said Miss Jayne.

"Please don't," said Billy, "I do not like to have people call me names, especially when I don't know what they mean."

"I don't like the term 'mental scientist," said she. "The words have too many meanings. But the word metaphysician means something beyond the physical, and anything pertaining to the power of mind over matter is metaphysics. It's a sort of sacred subject with me, Mr. Stewart. All that I am, which is very little, and all that I hope to be, which is very much indeed, I owe to practical metaphysics, and to practicing exactly what you teach in your play."

"Indeed," cried Billy. He took more notice of her now, and saw that she was a very pretty young woman, with a remarkably bright and intelligent countenance.

"I am following an ideal," she said, "and that, and nothing else had led me up from the lowest beginnings to playing second parts, and I will have a star's role next year. All things are possible to those who believe, Mr. Stewart; if we have faith in our work, faith in ourselves, and have faith in faith, nothing can prevent us from doing what we wish to do, and becoming what we wish to become."

Billy was greatly surprised; he noted that she used none of the "stagey" slang he had heard from the others of the company, and that while perfectly assured, her manner was very quiet and lady-like. She interested him greatly, and he frankly told her so.

"And please tell me what you mean by having faith in faith," he finished.

"Why," said she, "that is the heart of the whole matter. Faith in faith is the keystone to the structure. What use to have faith, unless you believe that faith has power? It is like believing in a God who is powerless. But suppose you have perfect faith in faith; and then suppose you realize that you have faith, don't you see that you become invincible? Such a man has power to summon all that there is in the Infinite to his assistance; and he cannot fail to get what he wants."

"The Infinite?" put in Bartlett.
"What is the Infinite; and how do you know that there is one, Miss Jayne? I do not believe in anything I cannot understand."

"Do you understand yourself?" she asked. "Do you know any more about your own mind than you do about the Infinite? Can you explain your own mind, and account for it?"

"No."

"Do you believe you have one?"

"Stung!" said Billy gleefully, as Bartlett hesitated. "He has his doubts about it; and so do his friends. Go right on with your metaphysics, Miss Jayne; he won't interrupt again. Tell me what it is we can draw from the Infinite! I confess to being hazy on that point myself."

CHAPTER VIII.

ARONSON'S TREACHERY.

Miss Jayne put her elbows on the table, and rested her chin on her bent fingers; her eyes were very bright, and her cheeks flushed with enthusiasm.

"All things in the beginning came forth from one eternal, original, perfectly fluid substance," said she, "and all things that exist are continually being dissolved and received into that substance. Do you believe that?" They assented.

"Then," she went on, "if all existing things are continually being dissolved and disintegrated, new things must be continually formed; that is, a great procession of forms continually moves out from the original formless substance, and as continually dissolves back into it. The Infinite contains, then, all things that are to be; so what is there that it cannot give us?"

"Do you believe that this formless substance is conscious; that it is intelligent?"

"Surely; it is the only intelligence."

"And how may we connect ourselves with it, so as to get what we want?"

"We are always in connection with it, but not consciously; and this unconscious, or subconscious connection is peculiarly close when we sleep. In sleep some part of us-and it must be the sub-conscious mind-comes into such close touch with the Infinite that it receives the vital power which is to sustain us during the day; and it may receive anything else that we ask for. For instance, when I lay down to sleep, if I have a peculiarly effective or difficult part to play on the next night, I first try to get in touch with my own subconscious mind; I think that there is a fine mental body which permeates my physical form as water permeates a sponge; and I think of this mental body. until it seems to me that I can feel it. Then I speak to it as to a person, something in this fashion: Tomorrow night when I go on the stage, I want you to give me these lines (and here I repeat them); give them to me with such power that every person in the audience shall be thrilled; give me perfect gestures and manner; make me perfect in the impersonation and the part. I repeat this until I feel sure that I have impressed it upon the subconscious; and then I go to sleep with perfect faith. It never fails,"

"I know there is power in your acting, all right," said Bartlett thoughtfully. "Pity we playwrights can't use that process in our business, Billy?"

"You can," said Miss Jayne quietly. "If there is a certain act or scene or situation you want to write out the following day, tell the subconscious, as you are going to sleep, to give it to you in the best possible form. It will do so."

"I get some inkling," said Billy, "as to how such things might be; but Miss Jayne, how could the subconscious give us substantial things; material things; food, money and clothes, for instance?"

"By its connection with the Infinite, it can cause them to be brought to us; or cause us to go to them. No matter what you want, charge the subconscious to get it for you; and you will receive if your faith is perfect. You would hardly believe that a man who had never heard of me, and of whom I had never heard, came from New Orleans to New York to bring me a book which contained certain information which I just had to have, but it is so. I had charged the subconscious to get me the knowledge; and a few days later, this man's business affairs suddenly took such shape that he could make great profit by coming to New York. In leaving home, he was impressed to bring the book. When he reached this city, certain other people were so impressed that he and I were introduced to each other; and our conversation turned on the things I wished to know. He gave me the book and went away, never dreaming that he had been an instrument in the hands of a power outside himself; but I understood it all. Cannot you see that anything might be given to us in the same way?"

They were all silent for a moment, considering her argument. Billy Stewart was strongly attracted to this girl, in whom he saw a faith which seemed to rival that of his mother. He took her to her home after the dinner, and on the way told her of his mother, and something of himself; and when they parted, he asked permission to call on her whenever he might be in the city.

"I shall be glad to see you at any time, before our company takes the road," she said. "You are not at all like the men who usually want to get acquainted with actresses. Come and see me whenever you can, Mr. Stewart."

He went home to Linton to await Aronson's verdict on the play; and when three days of the week of consideration which the manager had asked for had passed, he was startled by receiving the following telegram:

"Be at the stage door tonight, 7.30. Show this, and come to my dressing room. Esther Jayne."

He had barely time to catch the fast train for the city, and he acted instant-

ly, although he was greatly puzzled by the message. Miss Jayne had completely won his confidence, and he felt that there was something in the matter of vital importance to him. He was at the stage door of Aronson's theater at the appointed hour, and the door-keeper, after glancing at the telegram, admitted him, and directed him to the actress's dressing-room. He found her seated before her mirror, arranging her hair in a peculiar style demanded by her part. She greeted him without embarrassment, and he noticed again that she was beautiful, and that there was a frank comradeship about her manner which was very winning. Her first words, however, put everything else cut of his

"Aronson is trying to steal your play," she said, "and he will, unless you save it within the next half hour."

(To be Continued.)

The Song of Life.

By Eleanore See Inslee.

I'll sing you a song, O ye people forlorn,
A song from the heart of the world!

'Twas there when the first tender ripple was born,
The first wave of thought was uncurled!

Its rhythm is known to the spheres very well;
'Tis sung by The Wonderful Seven;
It reaches the nethermost confines of Hell,
And lifts to the uppermost Heaven.

The name of the song is called Love, and my dears,
It comes from The Absolute Source,
So put by your troubles, your doubts and your fears,
And lay by your griefs and remorse.

For Love is beginning, fulfillment and home;
The source of all wisdom and power;
It lights up the star in the infinite dome,
And breathes thro' the breath of the flower.

O people beloved, attune to the song!
'Twill give you your highest, your best,
And hard, heavy burdens you've carried so long,
Will fall from you, leaving you blest.

"For Men Must Work and Women Must—."

By THOMAS DREIER.



Her husband was earning but twelve dollars a week. Of course you need not be told that on twelve dollars a week a wife cannot buy aeroplanes, spend the summer at the seashore or

in the mountains, and at the same time pay the living expenses of a husband and a baby just a wee bit over a year old.

It wouldn't have been so bad if this woman had not been reared in a home where money was not considered an impossible luxury. She had known comfort, and to the shops where wise men tempt women with expensive articles of adornment she was often welcome.

Then he came. He saw, he loved, she conquered. But he was poor. Like all love-sick fools they talked meltingly of love in a cottage. To the girl it seemed like a door entering paradise. Without love her fine home seemed like a bit of sand-swept desert. With love and him a cheap apartment and twelve dollars a week seemed like a place of paradaisal bliss.

They ran away and were married. Her father refused to help. Like many

a mule-headed man, he thought his love for her prompted him to act like an ass. He didn't recognize it for what it was just narrow selfishness.

But twelve dollars a week, as everyone knows, is no more than is needed
to enable two persons to live like white
folks. That amount just paid for bare
necessities. The husband was an employe of an institution that insisted on
keeping him as a cog. Advancement
was not close at hand. How to get more
money was the problem.

Here came forth the initiative of the woman. She had spent some time at Pratt Institute in Brooklyn and was therefore not wholly ignorant of domestic science. She had mastered the art of preparing dainty eatables, not because she had intended to teach, but because that knowledge was invaluable in entertaining. When the demand came for more money for use in her new home, she responded.

She went to one of the department stores in her town and persuaded the managers that it was incomplete without a luncheon room for the accommodation of its patrons. She was so enthusiastic that she got them to give her space free because of the value of her service in making the place more attractive to women. She told them, and convinced them, that a store that offered an attractive luncheon would draw more trade than it would without betterment.

Armed with the promise of the store managers that space would be given her and necessary tables provided, she went directly to the manufacturers of electrical cooking utensils. She told them that the use of their goods in plain sight of the shopping public would give them advertising of a sort they needed. They saw that the practical cooking she would do every day would interest buyers in the cleanliness, convenience, and utility of electrical devices. They offered to equip the booth with needed devices free of cost.

Having the necessary equipment, her next move was to assault the fort of the local electrical company. "You can well afford to supply electricity free because of the advertising value. Let women once see how fine it is to do cooking with electricity and they will discard stoves." Of course the makers of electricity could not stand out against the enthusiastic, earnest, sincere little persuader.

The business was a success from the start. In a couple of weeks the wife was earning more than her husband. Some money began to flow into the bank and was credited to their account. With money in the bank, life took on a more cheerful hue. It is wonderful what a back-bone stiffener a bank account is. Those who have not learned the art of saving cannot boast of knowing the most essential of the useful arts.

After a time the baby came. That ended the first business venture. But that first business venture had paid all the expenses attending the welcoming of the little stranger and much more.

The money in the bank coupled with the regular income of twelve dollars a week enabled them to live in comfort. So life went on for a year.

By this time the husband had discovered that the business in which he was engaged was not the business he liked. He had really discovered it before, but he did not want to make any changes until after the baby had got a start. Then he confessed his desire to change. He tried the local shops-he wanted a place as stock keeper-and found nothing: It was brought home to them that if he was to get the place he desired they would have to move. Moving, so they had been told, cost money. How to live and save money for moving on a princely income of twelve dollars a week was a problem that the woman solved by saying, "It can't be done."

But postponing the inevitable day did no good. The wife took the initiative. She remembered her interview with the officials of the electrical cooking-device institution. To them she again made a journey. But she didn't go to them without a plan.

This litle woman was wise beyond her years—a peculiarity so many women have. She knew that men of affairs have little time to waste on those who come on their bellies asking for sympathy. But she also knew that almost any business man will listen to one who has a proposition that will benefit his business.

"I've been spending some time thinking about your business," she said to the manager, "and I know something that you havn't got but that you really need. You have been testing your apparatus in a desultory sort of a way and have never really organized a practical testing department. Every device sent out from here should go out with a record of having actually done the

work of cooking or baking or broiling, or whatever it is advertised to do."

"I guess you're right," nodded the manager.

"Now," she continued, letting out another burst of enthusiasm, "supposing we have a separate room set aside for a testing kitchen. Let us fit it up with kitchen furniture and wire it so that every device made here can be tried out there under right conditions. Then let us test every device and keep an accurate record showing just how it behaves. Then you can sell it with the absolute certainty that it will give satisfaction. Of course we must give satisfaction if we are to build up a big business, so we must give every device the hardest kind of a test. If it will stand up under what we do to it, it will give satisfaction in the home."

To shorten this story up, let us say that the young woman persuaded the manager to set aside a special testing room and to give her a salary of \$25 a week at the start. She did it because she knew the principles of salesmanship. In the first place she knew that she had the knowledge necessary to conduct the nécessary scientific tests. She, therefore, was right herself. Second, she knew how to approach her customer in order to sell her services. Instead of coming around in a suppliant, begging manner, she went to her customer with a confident air and told him that he needed her and why he needed her. But before she was able to tell him why he needed her, she had spent hours at home studying his institution in order that she might know exactly how she could serve him. She knew how to analyze-something every salesman, whether a seller of service or of a commodity more tangible, must know.

This woman, therefore, succeeded. And she succeeded because of her own

power. She did not sit down supinely and bewail her fate in having married a man without money. She married for love and considered herself a winner. Even when she puzzled her pretty head over the management of finances that refused to stretch out, she did not lose her courage. She knew that to lose courage, to fear, to lack faith is to place one's neck in the noose of failure. She did not cry over having little but made the best of that little and used her strength and her mind to get more of what she wanted. She knew that thousands of men and women waste so much of their power in bewailing their fate that they have none left for creative work. She was not so foolish. If twelve dollars were all she had each week, that amount would have to purchase happiness. She certainly would not squeeze that amount still smaller by crying and making the home a place of misery. She intended to keep the flame burning continually on the altar of love, even if she had to do it on but twelve dollars a week. But she also was determined to get more than twelve dollars a week if it was humanly possible-and she mighty confident that it was.

She went into everything she undertook with enthusiasm, a quality that Chalmers thinks one of the greatest in insuring business success. In her electrical work she made herself so valuable that it was only with difficulty that she managed to resign when her husband connected with the job he desired. By studying and preparing himself, he had little difficulty in filling a position that paid him \$30 a week at the start, and one that promised more in the future. When this income was assured, the wife returned to her baby and her home.

This woman, although untrained, proved herself to be an ideal home part-

ner. She looked upon her home as a business institution—one that could be handled successfully by being conducted in accordance with business principles. The main business of the home is to manufacture real happiness for those who live there. To do this money is needed. If one partner could not furnish the necessary funds, the other ought to help if possible. This woman did not believe overmuch in the theory that seems to govern too many homes—that the man must furnish the money

and the woman all the love. She believed in demonstrating her capacity to furnish her share of both when the demand was made upon her.

And some there be, who insist that this woman, like Maggie Wylie in Barrie's, "What Every Woman Knows," and like many another woman not immortalized in play or story, was the power that brought out the best in the man—the one who, officially, is looked upon by the world as the Head of the House.

Giving.

By LANNIE HAYNES MARTIN.

The question is often asked by members of the various orthodox bodies: "Why is it that the New Thought people, Christian Scientists and others who profess such high humanitarian ideals, do no works of charity?" And then the questioners having their ready made answers in storage will take no substitute but shake their heads and quote, "By their fruits ve shall know them." It would be equally as logical for the potato vine, that utilitarian vegetable proletariat, to pick up its prolific roots of trailing tubers and walk through an orange grove sniffing at the trees' roots and exclaiming: "No tubers here, by their fruits ye shall know them." And way up in the top of the tree the yellow orange would probably smile in the sun and make no reply whatever. But surely an herb of the field, whose leaves are sometimes used by peasants to make tea, and sometimes by priests to burn as incense, being unrelated to either tree or tuber, might make remark on the shortsightedness of the vegetable with the many eyes.

Way back in our elementary physiologies we learned that bodies are of two kinds: those that, through the action of some foreign agency, grow by addition of substance to their outside; and those that, by efforts of their own, take nutrition into themselves and, assimilating it, change it till it becomes a part of their own growth. Even a rock grows. The winds waft sand to it and a chemical affinity between the sand and the rock makes the articles adhere; and sometimes pebbles washed by rains to a larger rock will be cemented by petrefaction, and so the rock will increase in size by accretion. In such manner numbers of bodies have grown.

But not so with a plant. The plant has a living germ within itself. It too needs water and air, but it sends down a force of foraging roots to locate the one, and a reconnoitering band of stems and leaves to find the other. They take properties from these elements, which when taken, render the elements more pure, thus blessing those that take and those that give. Changing these properties to a new and higher form they create a flower or a fruit, or both.

It is for the development of such a growing body as this that New Thought people and other allied idealists are working. Solomon says, "Drink water out of thine own cistern and running water out of thine own well" and advanced thinkers are seeking to help man dig his own cistern and find his own well, and not to establish free roadside souphouses.

Development from within outward is the tendency today, of every branch of science from therapeutics to sociology. The medico-scientist of today is not searching near so strenuously for the disease germ as for the life germ. He does not now draw from his patient quarts of blood, in which are the very warriors given by nature to fight disease; he does not now shut his patient up in air-tight rooms and apply potion, poultice and plaster alternately, simultaneously, indiscriminately. He makes him go out into the air and work his blood, by exercising his legs, his lungs and his liver. The true sociologist is not trying to divide one man's hardearned fortune with a lazy, loud-voiced loafer, but is seeking (though Herculean the task) to transmute the vapid vocal vibrations into dynamogenic energies.

It is only the petted, pampered house

cat that is too indolent to look for food. The normal animal is a hunter. And when a normal animal is wounded or sick it does not go whining around those of its kind but seeks quiet, rest and nature for restoration. "Biological analogies" will apply in ethics and religion as well as in history. Here, too, we have the "autocthonous ungulate" springing from every mouldy soil and clawing at every new type. Here "tooth and toe nail!" denote the species and typify the era just as the hoof and tusk of mammal mark geologic epochs. Here, too, through fortunate atavism, primal instincts (those vibrations fresh from the divine hand) descend to the "thinking animal" man. And it is by the use of some of these impulses that the progressionists are showing man how to help himself and teaching him that only that man is helpless who has no desire.

Emerson, referring to certain eleemosynary soup-societies, said that though at times he succumbed and gave his dollar, it was a "wicked, foolish dollar, which he sometimes hoped to be able to withhold." And he said, let those who had superfluous dollars give them, that the farmer would bring corn and the women would sew and the poet sing songs; and so, if to the world's "donation party" the idealist brings only thought-new or otherwise-let it be remembered that Prometheus, the "friend of mankind," once brought a similar commodity. Prometheus only brought a spark of fire, and not a ready-baked biscuit!

We make tariffs to prevent foreign goods coming in and we make steam ships and air ships to bring them in. If the air ship becomes practical, it will be impossible to "protect" our people from being supplied with cheap goods from foreign countries like Canada, except by roofing the whole United States in.

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Men and Women Who Are Helping the World Along

MISS MAUD MINER

BY ELSIE LANG.



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Practical charity, the way Miss Maude Miner saw it, was the motive power for reclaiming young girls who had been arrested for violations of the law. A probation officer of the New York night court, she observed ex-

isting conditions and realized the futility of efforts at reform. When a girl was arrested and brought into court, if released on probation, there was actually no place where such a girl could go. She had her choice of the street or a prison cell, and that such a choice does not make for the betterment of humanity is not to be denied.

Miss Miner saw the urgent need of some place where these girls could be taken temporarily, and it was not long before her broad charitable impulses and intense sympathy for them developed a plan. She went about among her friends and those people whom she thought she could interest in the matter, until finally it became possible to rent the two lower floors of a plain little house in West Tenth street. The place needed renovating and there was but a small prospect of furniture, but Miss Miner didn't see the discouraging features of her plan; she saw only those

girls coming out night after night into the glaring, wolfish streets, looking indifferently or helplessly about them with no one to think of them or even to care. She saw the little country homes from which they had come-their laughing, happy faces as they walked or played in the fragrant country lanes; the withered, white-haired mothers who had given the last cent of their lives' savings that "Mary" or "Kitty" might go to the big city and find work-good, honest work, the only kind they knew. Miss Miner saw all this, and her heart rose up in rebellion against the hard facts of the girls' real lives. So she worked and struggled and talked with the girls, and when the little house in Tenth street was opened, ten girls entered the door and went upstairs to sleep in quietude and peace. The ten girls were followed by more the next night, and more the next, until Waverly House -the name given the refuge-overflowed. But the house is proud that it never turned a girl away. No matter if there wasn't room for an extra girl, it was always made some way. Miss Miner's heart is big enough to take in all the unfortunate girls in the world. If the house were half as large, there would be no trouble; but since that first opening hundreds and hundreds of girls have been sheltered, cared for and taught a trade or art in the crowded little rooms. That is one of Miss Miner's hobbies; that every girl who wishes to, can learn to use her head and her hands. She is a strong believer in the fact that

there is something pernicious in idleness, and Waverly House doesn't encourage it. One-third of the girls who have been inmates of Waverly House have been reclaimed to lead contented, clean and industrious lives—a record which, compared with others of a like nature, surpasses them all.

When a girl consents to go to Waverly House she is told that she may stay a day, a week, a month. Miss Miner endeavors to study each of these girls whose ages range from fifteen to twentv-five years, as an individual—a separate problem requiring special attention and care. She drops the plummet of her interest right down to the bottom of the girl's soul. She cares about them with sympathetic intensity. And the girls know that she cares. One of the girls, entering the clean, white bedroom assigned to her on the night of her first stay, looked incredulous when told that she could sleep there. Then suddenly she burst out into wild, wailing sobs. "Ain't it like home?" she cried. "Ain't it just like home!"

Although a large part of her work has to do with the saving of girls, Miss Miner probes deeper than results. She knows that there is a cause for the slavcry of these young girls, and she has directed her fiercest assaults against that cause. For the vampires who prey on the lives of such as these, Miss Miner has no pity. She works instead to exterminate them-root and branch. She has even been known to oust judges who have looked with indifference on the conditions productive of such results. And although she is but twenty-nine, the marks of her gallant fight against evil and vice are seen in her sad face and her hair, already turning gray. She is a graduate of Columbia College where she won an M. A. degree, but the scholastic battle was never fought with a hundredth part of the earnestness and ctrength which make her today a human savior of the unhappy girls of the land.

NATHAN STRAUS

BY ANNA BROOKS.



When a man through agents, dispenses some four millions of bottles of milk a year, and probably saves the lives of half that number of babies, he is doing that which will add a few figures to the credit side

of humanity. For sixteen years, Nathan Straus of New York has been the sole mover in this preventive form of charity, which is now almost international in its scope.

During the hot summer months in New York, babies die like flies from lack of proper nourishment. Raw milk, which was fed to them in large quantities by ignorant mothers who knew nothing of quality, but believed wholly in quantity, could not be digested and meant speedy death. Moved by a spirit of pity for the helpless babies of the tenements, and actuated by his broad, efficient kindliness, Mr. Straus adopted the plan of establishing milk stations in various districts of New York City, especially along the recreation piers and in booths placed in the public parks. where pasteurized milk could be bought for five cents a quart.

He tells of the incredulity with which his initial warnings against the indiscriminate use of raw milk for babies were received:

"While I persisted in crying out

against the prevalent use of raw milk, I provided pasteurized milk for the babies of New York. This was regarded as an amiable benevolence. In the eyes of most people, the virtue of the enterprise was that it provided food for the poor at less than cost or nothing.

"Gradually, however, as the infantile death rate of New York City went steadily down from 96.2 per 1,000 to 55 per 1,000, coincident with the increased use of pasteurized milk, the significance of my work became apparent, and the conviction spread that the virtue of the Straus milk was not in its low cost, but in the fact that the milk was pasteurized. Milk stations are now maintained in five American cities, while in New York, 2,500 babies are fed daily on pasteurized milk, and 16,500 glasses of the same milk have been served daily to the children who frequent the piers and parks. During the sixteen years, the output of the Straus milk stations has been over twenty-six million bottles and nearly twelve million glasses. Beside this, twenty-two thousand bottles of barley water have been distributed for the relief of sickly or ailing little ones. There are now seventeen milk depots in New York, and more or less efficient pasteurization is being done by dealers to the extent of 300,000 quarts a day."

Mr. Straus is a member of the Gouttes de Lait, the international organization for the protection of child life from infected raw milk. It was on the occasion of the second meeting of this Milk Congress that Mr. Straus, as an American delegate, said that he held that in the near future, it would be regarded as a piece of criminal neglect to feed young children on milk which has not been sterilized. His activities have spread to England where he has installed twenty-five plants, each costing \$1,000, and sterilizing plants have been presented to Brussels, Mannheim and Heidelberg, where Mr. Straus' headquarters for the distribution of plants is located.

This New York philanthropist comes of a famous family, his brother Oscar Straus being the secretary of the Department of Commerce and Labor in Washington, and both he and his brother making such extraordinary records for themselves that at one time President Cleveland appointed Oscar, Minister to Turkey, and offered to make Nathan, Postmaster-General. There is one other brother in the family, who is like the others, of Southern birth though of Bavarian parentage, and who is as philanthrophic and altruistic in his way as the other two in theirs. But despite the pre-eminence of the one, and the wealth and prominence of the other, it would seem that the man who can give his wealth and his time and thoughts to the saving of thousands of little helpless lives is the man who has turned aside the laurel wreath for the halo invisible, but sure.

Mr. Straus has recently closed his milk depots, city authorities having been awakened to carry on the work.

Metamorphosis.

BY LOUIS C. OAKLEY.

When dawn subdues the moon's wan grace,
When laughter's lips are dumb;
When what I was stands face to face
With what I am become,—
The changeling starts and stands aghast;
The other asks of me:
"When I and Death shall meet at last,
Which self myself shall be?"

Who Are You?

By JESSIE L. BRONSON.

Who are you? "Mary Smith," you say. Who were you yesterday? "Mary Smith?" Not so. You are not the same woman you were yesterday, you are the child of that woman. Your yesterday made you what you are today, but your personality has been modified, changed, be it ever so little.

The experiences of our childhood have been outlived, cast aside like outworn garments, and the same is true of the joys and sorrows of our youth. They

would not fit us now were we to try to don them, and though not wholly forgotten, they linger in the memory more as something belonging to another life and another person than as part of the

ego of today.

And in a lesser sense this is true of

our daily lives.

Our whole earthly existence is a series of reincarnations in which the true ego remains the same, but the personality is changed and added to by the experiences of each day. We die every night and are incarnated afresh every morning. And is it not blessed and beautiful that this is so?

Did you have a grief, a sorrow, a heartache yesterday? 'Tis not yours today. It passed from your possession at

the gate of sleep.

When memory comes knocking at your door, saying, "Behold how you have suffered!"-make answer: "I've known no suffering. That woman who suffered was near akin to me, but she's dead and buried with yesterday's sun, and I cannot mourn over her griefs."

Wipe the slate clean every night. It's another chapter finished and passed on to the publisher. Your responsibility for it ends there. Let go of the troubles of the day. Bid the sub-consciousness hide them in a far corner of its memoryhouse, and cover them with the blanket

Yes, and let go of the joys also. You'll

not need today's joys on the morrow, you'll want fresh ones. "His mercies are new every morning." The "manna" spoils unless gathered fresh every day.

And if you are still holding yesterday's joys, there'll be no room in your arms to cradle the new joy that's coming today. "Empty vessels are the ones

Thou fillest evermore."

If we would receive, we must make room for the gift. It's simply a question of "nature abhorring a vacuum." "Open thy mouth and I will fill it."

And if you're hugging grief in your arms when joy comes along, she'll surely pass by on the other side, for joy and grief never affiliate, but always shun each other's habitations.

Don't be too intense in your method of living life's experiences. Take both your joys and sorrows as easily as you can. Even the joys will put out claws if you hug them too tightly.

When the slate has been wiped clean at night, what joy it lends to the wak-

ing!

"Each day is a fresh beginning. Every morning is the world made new."

It is morning and I am facing the sunrise.

I have no grief, I buried it all at set of sun.

I have no cares. When the first star appeared I bade them "fold their tents like the Arabs and silently steal away." I have no heartaches. I hid them behind a smile.

And my joy I gave to the winds of heaven to carry to some sorrowing soul.

The light of dawn is on my face.

The songs of birds are in my ears; the music of running water, and the rustle of wind-stirred leaves.

And in my heart Peace and Joy are born afresh, and all the travail-pain of their birth shall be as though it had never been.



VIEWS AND REVIEWS

-BY-

WILLIAM E. TOWNE



The Creative Power of Words.

Words are a power.

They constitute a focussing point for creative energy.

When we say, "I will do this thing," or "I will do that thing," our energy follows our words.

A distinct effect is produced upon our brain area by each spoken word.

Strong words build up. Weak words tend towards disintegration.

Too many words exhaust. Too few words may arrest development.

We are forever being judged, according to our words, by the unchanging, eternal laws of the universe.

We are justifying or condemning ourselves by our words, every day of our lives.

If we throw into the universal vibrations words that are false, weak, unkind, we reap a vibratory harvest which exactly corresponds with our sowing.

If we say, "I feel sick," we help set in motion the inharmonious vibrations of sickness and put ourselves in touch with the world-thought of sickness. If we do not put much energy or feeling into our words, the sickness may soon pass. If we repeat the statement and yield to the feeling day after day, we come more and more to manifest the condition in our lives.

So many people say, "I cannot control my thoughts. My mind wanders all over."

If you will pay a little attention to controlling your words, you will find it

will be a great help in gaining control of your thoughts.

Your words form a focusing point around which your thought energy gathers.

If you allow yourself to indulge in scatter brained talk, you are going to develop a scatter brained mind.

For the great, eternal law of justice, of absolute equity, is quietly, silently working to bring you the *fruit* of your sowing. Speaking words is a form of planting or sowing.

You all know how quickly an ill-natured, sarcastic or fault-finding word will bring out in others that which corresponds to itself. An entire family may soon come under the influence of the vibrations of discord through the thoughtless utterances of one member.

And on the other hand, the determined, persistent speaking of only such words as cheer or help—good natured words that make for harmony—by one member of a family will often gradually bring all the others under a "spell" of brightness and good will, so that harmony will become prevalent instead of being the exception.

The spoken word is a step nearer the plane of action, a step nearer to the plane of realization than the thought.

The word is a crystallization or precipitation of the thought.

The spoken word is strong in proportion to the amount of feeling you put into it. If you spill words on all sides in a reckless manner, with no thought as



VIEWS AND REVIEWS

By WILLIAM E. TOWNE



to whether they are true words or good words, representing the things you deeply desire, then of course you exhaust your reservoir of creative energy and your words lose their weight. Your energy is then like water that spreads out and runs very shallow.

It will pay to be a little more saving of your words, and to think a little more about their use. Let them spring spontaneously from your deep desires but let them not go out without the power of positive thought back of them.

Thought-less words are mischief creators. They are like a derelict vessel at sea—not going anywhere, and a possible menace to whatever they come in contact with.

To talk "for the sake of talking," because you think it is "good form" to entertain your friends, is silly and unprofitable, unless your desire is strong enough to enable you to put interest and energy into your words. I am reminded in this connection of a visit which Emerson once enjoyed with a friend of his, and during which neither of them spoke a word for the major part of a day.

Uncontrolled speech leads to uncontrolled acts, and to results which are beyond control. If you say to yourself, "this kind of food never agrees with me," you immediately begin to tighten up the muscles and walls of the stomach, so that the food cannot be properly assimilated, and in spite of nature's efforts you resist so strenuously that the food "lies heavy." You say it "disagrees" with you. In truth it is you who disagrees with it. The only way to straighten matters out is for you to dig up by the roots your former statements of error, and revise them in accordance

with the truth, and with that condition which you desire to realize.

We are enslaved by words, and it is by words that we shall finally become free.

The race words of death, disease, old age, etc., have hypnotized us until their vibrations are well-nigh all powerful, and seemingly beyond our control.

But if we set up the words of perpetual youth, eternal life, omnipresent love and the like, we can get free from the hypnotic power of these race words. We can get out of their vibratory currents and find ourselves able, to some extent, to control the deleterious action of such currents upon ourselves.

"Order is heaven's first law," and to realize harmony, which is health and success, there must first be some sort of order establisheed in our thinking and speaking.

For World Peace.

We, the Rising Generation, want a World Agreement for Universal Peace.

We want our war vessels and battleships disarmed and turned into a Public University of Travel, a White Fleet of Peace that will tour the world every year.

We want these ships manned by the best instructors in Foreign Art, Literature, Travel, History, Live Languages, Sociology, Human Nature and Universal Brotherhood.

We want the students selected by all-around merit from the graduates of Public High Schools and Industrial High Schools of all States.

We want this postgraduate year of travel given at the expense of the nation, the students co-operating systematically in all the work done aboard ship.

We believe in these things.

We pray for them.

We talk them.

We work for them.

We vote to this end.

-Elizabeth Towne.

THINGS THAT MAKE FOR SUCCESS.

A Correspondence Department.

Conducted by the Editor.

If you have discovered something that makes for success, or if you have seen some one find and surmount, or remove an obstacle to success, let us hear

about it.

We are publishing herein many bright thoughts from our readers, each over the name of the writer, unless a nom de plume is substituted.

Letters for this department, which must not be too long, should be plainly written, on one side of the paper only, and should not be mixed up with other matter of any description.

To the writer of the most helpful success letter published (as a whole or in part) in this department of any number of the magazine, we will send THE NAUTILUS for two years, to any address, or two addresses, he may designate.

To the writer of the most helpful success letter printed in six months, we will send \$5,00 in money in addition to the subscriptions. Prize winners announced in number following publication of their letters.

Success Letter No. 293.

My word would be to those tired house mothers and housekeepers whose every day is filled with such varied duties and to them I would give the thought that has helped me through many difficult places: "Without Haste: Without Rest."

Oh, mothers; one pair of hands can only do one thing at a time, do not try to do all that lies before you in your mind, while your hands are busy on one task. Give your mind to the task in hand and then turn to the next. There is no rest for the head of a large family and there need be no haste if everything is done slowly and in order.-MARY E. PAGE, South Boston, Mass.

Success Letter No. 294.

"Nothing succeeds like success;" so runs the adage-but we sick people are here to prove that nothing succeeds like failure, for, as William Towne says, we are now close to the foundation of success. Now to the world in general, to my family in particular, to myself on the side I'm a failure, a downright failure. Am sick in body, aspiring in spirit and determined to succeed with the help of God and man, especially the former. "Oh, ye of little faith." More fasting, more prayer, and then "I'll fold my hands and wait" the coming of my success.

After all, what is success? Did Jesus succeed? We all know His greatest success lay not in the overcoming of all worldly obstacles, all temptations, all desires, as in obeying the will of the Father and proving that there is no death. "'Tis your father's good pleasure to give you the kingdom." His kingdom must be health, happiness and peace everlasting. Now with success, my success-I demand peace of mind and body.

"What is our failure here but an evidence of the fullness of our days?" so says Robert Browning. Now I'm going to fold my hands and wait, let success find me here waitingpatiently in bed, with a bad spine, tuberculosis and what not, especially-not.

Firstly, I'm going to succeed in being quiet. Secondly, I'm going to establish a few ideals more firmly-by the help of the Nautilus, a few good friends, a few good books and more waiting.

I returned one week ago from a sanitarium where I was a guest for three weeks. There I found a man in a wheel chair. He was born and raised in Boston. When fourteen or fifteen years old, for some reason, his body, or part of it, stopped growing-his head enlarged, and his heart also-but he took to bed and a chair and for thirty-eight years has never left one or the other, except with help of a nurse. I saw quite a bit of him. One day I asked: Are you happy? (He never leaves the house except on very rare occasions, when a colored man wheels him out for an airing.) His answer was: "Why not; I can read, write letters, listen to the Victor." I went to my room to ponder on the ways of God and man.

My lady doctor, when a young woman, went to live on a farm in Kansas to be housekeeper for her brother, who had lost his wife, and was very lonely. While there she heard of a cousin of hers who had come to Chicago to take a doctor's course. Our lady of the farm decided she was just as smart as "cousin," so when her duties were completed at the farm she packed her trunk and started for Chicago, too, to show that a woman can achieve success-to prove what a poor woman could do. She entered Heahnaman College, two months late, without knowing one word about medicine or one pill from another. She went to work, determined to succeed. She wore old clothes and waited on table for her board. She finished with her class, in which thirty-four other women received "M. D." as attachments to their names, and now she is one of the most successful physicians in our city of 25,000 or 30,000 inhabitants.

I read the *Nautilus* to her or send mine to her, and we both talk it over. We like the ideas it contains.

Success letters must not be too personal else I would elaborate more fully my success in failure. As it is I send you all the Key Thought for Daily Meditation, for I am exceedingly happy in knowing "God is" and that "I am."—A Subscriber.

P. S.—I'd like to add if this letter isn't already too long, that recently I decided I was glad I was sick—glad I had sinned; glad of everything life has brought to me; glad I'm too cold now to write more; glad of my own glad heart; glad for God's sunlight, for all life gives me, and I pray continually to be gladder; pray to be of some little service to my fellow men, those worse off than I am.—A Subscriber.

Success Letter No. 295.

Success for the individual may be defined as power developed along the line of least resistance, or that which has been so constantly cultivated as to leave the faculties fluent and progressive. We know that this power is possible of attainment for everyone, through spirit force, by intelligent desire and acceptance. That it will clear the mental vision, energize the responsive faculties to strongest effort, that so one may surely attain the highest efficiency in the undertaking.

To achieve this highest self-development in the right spirit, is to give of our best to our fellowmen, and is legitimate and profitable to ourselves. Very different from the selfish striving that treads down others in the process, simply to gain its own ends. The success that endures spring only from good impulses of service to mankind, and so its origin is truly spiritual and unlimited in its possibilities; for we are working with the Infinite. Out of the doubt and the fear that assails us.

While living for self, and the perishing clay; We can rise in the might of the Strength that avails us.

To altitudes glowing in Truth's purest ray. And there, in the light of the fuller revealing, That touches our hearts with ambient flame, Success means to live for the myriads appeal-

And Love is the guerdon we willingly claim.

-KATHERINE A. Moses, San Geronimo, Cal.

Success Letter No. 296.

I have a success story I want to tell. It has filled a somewhat discouraged heart with hope and new life.

I have two boys, one nearly nineteen and one of fourteen who have been almost entirely deprived of schooling. I have done my best to teach them at home holding private school and teaching neighbors' children with them to keep them interested. I felt much discouraged about the older boy as for the last three or four years he has been working in various shingle and sawmills in the vicinity and has been with some very rough, profane men and seemed to care very little for the better, finer side of life.

After reading Florence Morse Kingsley's "Mother Thoughts" I concentrated on these boys. I did not see how a change could come about, but now I see, and it all came so naturally that it was a surprise when my oldest boy said it was I led him to take up a college preparatory course by correspondence. He plans to enter the university as soon as he is ready.

The other boy is working just as hard to prepare for the Normal School and I never said a word to either of them about doing it. They both realize that they must earn their own way as their father cannot help them, and is not interested in education any way. Both boys are working hard and studying and saving. I feel that this is success.—June.

Success Letter No. 297.

It is success when you HABITUALLY have as much good feeling towards the world and to every person as you do when you are listening to sweetest music or enjoying the much planned for vacation in the place of your heart's desire; or when you have gathered under your roof the most loved of earth.

It is success when you have outlived your scorn for a system which you do not believe in.

It is success to be unutterably happy with the realization of the sweetness of the Infinite Presence—even after the one whom you love best on earth is lost—G.

THE PRIZE WINNER FOR NOVEMBER

is Alice V. Harrison, Centralia, Wash., and we shall take pleasure in sending the subscriptions wherever she directs.

The many fine definitions given by this writer are worthy to be framed and hung on the wall for daily guidance to all who desire true

We have more good things along this line in store for our readers next month.



"Oh, wad some power the giftie gie us To see ourselv's as ithers see us! It wad frae mony a blunder free us, And foolish notion."

A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE.

In this department I reply to the 1,001 odds and ends of life-problems and home interests which are presented to me, answers to which are not of general enough interest to make them suitable for the regular reading pages of The Nautilus. Every reader is welcome to what advice and suggestion I can give. Welcome, all! If you are in a hurry for your answer enclose with your query a stamped, self-addressed envelope, with four cents extra in stamps, and Madge will mail you a copy of my dictated answer. Do not write orders or other matters on the same sheet with Family Counsel matters. Observe these requirements strictly—if you can't obey me in these small matters how shall you obey God and be blest?

B. L. V.—I think astrology is an interesting thing to play with, but a mighty poor crutch. Astrology itself is probably accurate, but there comes in the human equation. People are all the time modifying their destinies and changing them, by the succession of choices which every individual makes every day of his life. And no astrologer is so very wise yet that he could be trusted to read even the plain outlines of astrology, let alone give accurate weight to the modifications which come through personal choice and activity. My motto in regard to astrology is this: Believe all the good things it tells you, affirm them, rejoice in them, work for them; and pooh-pooh all the bad suggestions and the limitations—poke fun at them, make light of them, scat them out of your mind and consideration.

M. L.—Oh, there's a time to talk as well as a time to "keep mum." When you are just beginning the study of new thought you should never on any account discuss it with others. Even friendly discussion will confuse the beginner. Keep reading your new thought instructions over and over until you thoroughly understand them and then hold up your own end in a discussion. Then it is time to ask questions of people who are friendly to the thing you are studying. Discussions with those who are opposed to you are always profitless. Or rather, the only thing you get from them is a resolution to keep out of an argument next time! All discussion should be based on a desire to learn, or a desire to impart knowledge. Unless both parties to the discussion are willing to receive as well as give, the discussion should be closed. Don't cast your pearls before swine! In other words, don't try to force your wisdom or knowledge on an unwilling listener. In talking new thought, be

wise as a serpent and harmless as a dove, and flee "swine" as a pestilence. If you cannot find a receptive listener, then keep mum. Dam your chatter, lest you both get mixed, and your pearls dissolve in acid. It is all a matter of using words wisely. Give them out where they will be received. "If at first you don't succeed, try, try again, and try each time in a different way, until success crowns your efforts." Don't forget that there is a spirit working through and in every human being which will wake him up in due time. Don't try to force the time—there is all eternity ahead.

R. H.-I have for years carried a theory to which I have never yet found an exceptionthe theory that people will not reject your mental science unless you talk about it too much, and insist upon it. The new thought should be no more "loud" than new clothes!— they should fit well and serve wisely each occasion, without obtruding themselves upon the observer. Of course you may be an exception to my theory—you and your mother may not have insisted too strenuously upon new thought. Your letter sounds as if you are surely sensible women. But look carefully and see. It is better to think new thought and practice its teachings of sweetness and Good Will, than to preach it. It is never wise to talk new thought to anybody unless it is particularly asked for, except in the cases where you can put in a new thought idea without a label. I have known people who were new thoughters and lived next door to each other for several years without either discovering that the other was interested in new thought. And yet they were friends. Of course it is ridiculous for your husband to imagine that your new thought is a proof that you do not love him. I wonder if he thinks that it would be possible for you to express your love for him by stopping the breath, the digestive process. I wonder if he thinks you can stop thinking, even if your thoughts are "a form of insanity"! Of course you cannot do it. These things are essential to your being, and you cannot change your ideas to please anybody. If I were in your place I would explain this to him calmly, once and for all. Leave all sentimentality out of the explanation. State the truth. Tell him that you are very much disappointed to think that he is not a new thoughter, but that you

are willing to grant him the privilege to think and act as he believes to be right-that you do not consider that he does not love you because he cannot think your way. Tell him that the law of self-preservation compels you to preserve your own individuality in thought in the same way that you must be permitted to eat and breathe and think for yourself, and that your acts must be in a measure free. Tell him that the more tolerant he can be of your opinions and the greater freedom he can give you, the more deeply you can love him. Tell him that you will be as careful as you can not to obtrude your ideas upon him, and that you trust he will be careful not to explode his opinions in your presence. Then after once quietly declaring your position in this way go quietly and in confidence upon your way. and be loved as fully as you can and know that in due time the truth will wipe away all difficulties between you. In some points you will come to see as he does, and in very many points he will surely come to recognize the rightness of your views. This is what marriage means—a blending of two lives; a blending of two lines of thought. It means that two people who have looked at life from exactly opposite points of view will come in time to realize that there are other points of view which are equally as true as their own. Have faith that the law of love will prevail around you. Pay no atention to his remarks before the children. If I were in your place I am quite certain that I would get up and leave the room as soon as there began to be the least bit of tension about this matter of new thought or any other for that matter. I would leave the room calmly, in full assurance that the storm would die down and that I would come back later to smiles and happiness. Leave the room before he has a chance to say any of those extreme things. Of course he says them through stress of feeling, and he says more than he really believes when he is calm and in his right mind. Every human being makes this sort of mistakes when he gets worked up over anything. Never mind such remarks. Forget any which you have ever heard. Let go yourself, before he gets worked up. Have faith in the spirit of love which is working in and through you both. I would not stop my new thought reading, nor my attendance at lectures. Neither would I hide these things. I would simply do them as a matter of course, in the same way as I ate my meals, and I would make them as unobtrusive as possible. It does no good to hide thingsit only causes a fester underneath that is bound to break out sooner or later. Perfect honesty is the only safe platform for married people, even though there is a little war on it once in awhile. This does not mean that you must punctiliously report every movement that you make. It means simply that you are to allow no fake impressions about the general trend of your life. Above all things keep sweet and believe. Be still and know the I am God within you. Remember that the Spirit of Love which is you can and will turn all things to beautiful results.

Circle of Whole-World Healing Conducted by THE EDITORS.

Would you be at peace? Speak peace to the world, Would you be healed? Speak health to the world, Would you be loved? Speak love to the world.

Would you be successful? Speak success to the world.

For all the world is so closely akin that not one individual may realize his high desire except all the world share it with him.

And every Good Word you send to the world is a silent, mighty power working for Peace, Health, Love, Joy, Success to all the World,—

Including yourself.

Will you join all the readers and the editors of The Nautilus in daily periods of Whole World Healing? No membership, fees or special duties, no joining of anything but a spiritual movement. The entire visible sign and direction of this Circle of Healing appears in this column, in each number of The Nautilus. You join the Circle in thought only; no letters, fees etc., are connected with it. You are free to secede when and how you choose,

No duties are attached and only one privilege. That of holding your own version of the thought expressed herewith, sending it out to all the world each night before you sleep, and as many times during the day as you think of it.

Each number of *The Nautilus* will carry in this column the thought to be used daily until the next number appears,

The emolument of membership in this Circle is The Cosmic Consciousness.

Which includes Health, Happiness and Prosperity to every creature.—The Editor.

Key Thought for Daily Meditation

I will not meanly decline the immensity of good, because it has come to others in another shape.

-Emerson.



Friends, the Wind Blows toward the new heaven on earth! We are all wafting that way. If you are not TOO BUSY you can see such indications all about you every day. And every paper and magazine you pick up contains little straws that show it. Here are a few the editor and some of our friends have culled while reading the daily papers and weekly reviews, etc. We shall be glad to have our readers keep an eye out for other Straws that Show the way the Clean Winds Blow, sending us any items they may think suitable for this column of very brief mention.—E. T,

By way of straws that show the way the new thought wind blows all over the world, read "The Child's Day in Court" in Hampton's for November; the series on "The Mysteries and Cruelties of the Tariff" by Ida Tarbell, and "Masters of the Mind" by H. Addington Bruce, in November American; and the series on "Psychology in Modern Business" in Progress Magazine: Frank Munsey's very interesting talk on "The High Cost of Living and its Relation to the Tariff," in November Munsey's. Our literary friends will be interested in "Writing for Household Magazines as a Means of Earning Money" in November Good House-keeping. If you want something very humorous and sympathetic, on all sorts and conditions of men and women send 10c for a sample of Zoe Anderson Norris' East Side, 338 E. 15th street, New York city. In The Business Philosopher for November appears an inter-esting address on "The True Place of Women in the Home and the Business World," by Alice Hubbard. In their October Number appeared an address by the Fra himself. Get a copy of The Saturday Evening Post for October 8th, and read "One Way Out: A Middle Class New Englander Emigrates to America. It is the true story of a New York city salaried man who lost his position at 38. It is full of the spirit and practice of new thought, and every reader ought to get some real ideas and inspiration from it. In November Current Literature read the story of "Keir Hardie, the Prophet of the Coal Mine."-a literary prodigy who never had a day's schooling after he was eight years of age.—E. T.

Paris—and the rest of the world—had its laugh when a few women undertook to earn their living by cab-driving. But the women have succeeded; they make the living they are after, and incidentally better the lot of the Paris cab horse—never a very happy one—as far as they can. It is said in one of the cab stables that a certain horse, regarded as so vicious that no man driver would use him, has by a woman's kind and gentle treatment been so tamed that it is one of the best animals in the stable.—Youth's Companion.

Small folk, particularly when any number of them are gathered together day after day, are bound to have their little differences, and the fifty children appearing in "The Blue Bird" at the New Theater are no exception to the rule. They are, indeed, a particularly lively set, averaging in age around nine years and their frolics are likely to lead them into difficulties, For some time, however, Director Ames has been mystified by the seeming harmony in which the youngsters live. The mystery was explained yesterday, when by accident it was discovered that the children, acting on their own initiative, have for several weeks been governed by an elective committee which decides by arbitration all perplexing questions. When rehearsals were first called a small boy and his sister became embroiled in a quarrel, and the other children felt that if these incidents were to occur often their places would be jeopardized. They took counsel among themselves and agreed to decide the rights and wrongs of all questions which might come up. It was agreed after much debate that a chairman, vice-chairman and a committee of three should be chosen and that a new election should be held each week. When any child has a grievance she takes the matter to the chairman, who refers it to the committee.-N. Y. Tribune.

Speaking of the way the wind blows-look over the lists of topics to be studied by the women's clubs in your vicinity, compare them with the topics studied in previous years, and note the contrast. I recently gave an address before the Woman's Club of South Deerfield in this state. Mine was the first address on the program for the winter, and the subject was "What the New Thought Is and What It Does." There are sixty members of this club, the meeting came in the afternoon, and there were considerably more than sixty present. Among the other subjects for study during the winter, I note the following: The Crusade Against Child Labor; What Socialism is and is Not; Some Heroines of the Present Day, including Kate Barnard of Oklahoma, Mme, Breshkovskaya, and the shirt waist strikers of New York; The Struggle in England between the People and the Peers, the Commons and the Lords; The Crusade Against Tuberculosis; Our Changing Social Ideals; A Lecture by one of the members of the Consumers' League; New York's New Theater, and Reviews of Current Plays; Evolution of Modes of Travel, the Aeroplane Up to Date. And this woman's club of South Deerfield has heretofore studied only literary subjects. From The Sentinel I clip the following item in regard to a recent club meeting in the village of Walpole, N. H.: "At the meeting of the study class branch of the Unitarian Ladies' Society, held with Mrs. L. L. Sawyer last Friday afternoon, a pleasing program was given. Music and current events were followed by an interesting article on the late Prof. William James of Harvard, read by Mrs. C. W. Adams. Miss Mary H. Bellows gave a brief running outline in a most charming manner of Maeterlinck's play, "The Blue Bird," now being produced at the new theater in New York." Can you find some interesting straws indicating the way the clean winds are blowing in your neighborhood?-E. T.

Little Visits

A Cosy Corner Department where everybody chats and the Recording Angel puts down what she can find room for.

World Peace Postal Cards:-

I have just read your platform "FOR WORLD PEACE" in the October Nautilus, and must tell you that it is the best thing I ever saw in print. Why don't you reprint it just as it is, type and all, on Post Cards and let your read-

ers know about them?

Every congressman and legislator as well as U. S. officer in the land should be sent dozens of them from his district, till he is made to feel the demand for that Idea. I am a traveling salesman and will agree to sell 1,000 or more. I believe you could sell hundreds of thousands of them. If you don't care to attempt it, will you give me permission to have some of them printed? My address is as follows.—F. P. RATHBONE, Tacoma, Wash.

From an Esperantist:-

Doubtless you have long ago formed your opinion as to the merits of Esperanto, the international language. I hope that it is favorable; but as there is much irresponsible criticism of Esperanto, especially on occasion of the recent international congress at Washington, I want to offer an opportunity for every thinker to judge for himself. I have had prepared 100,000 brief grammars of Esperanto in pamphlet form, and will send one to anybody who is sufficiently interested to ask for it, enclosing stamp for reply. I think it really due to this great movement for an international auxiliary language, which now embraces fifty nations in its scope, that vou publish this letter, thus giving your readers the opportunity of judging for themselves.—ARTHUR BAKER, Editor "America Esperantist," 700 East 40th Street, Chicago, Ill.

How You Can Make Pearls:-

The word and the wonderful creation of God is full of the tremendous significance of the little things—"behold how great a blaze a little fire kindleth"; "if ye have faith as a grain of mustard seed," etc. Now, the little trials of life are what really make the tragedy; what darkens the sun—little clouds so close to us that they blot out all the great glowing universe. Listen; here comes the Thought.

Is there not a way to make use of the little

worry?

Let us turn to nature for our lesson and

illustration.

The oyster, dumb as he is and common as he is, solves the problem. He has his little worries—a grain of sand lodges in his membranous. Immediately he begins covering it with shining beauty, and finally the ugly shell and unpleasing body of the bivalve covers a pearl that later may match the radiant beauty

of a queenly neck on which it dazzles the eyes of the world.

So, let us at once, instantly, begin covering the worry grain with the shining sweetness of a smile and a hopeful thought, and in timenot too soon, for we want it to endure—we shall have gained The Pearl of Great Price!—R. C. Rose, Philadelphia, Pa.

From an Oklahoma Woman:-

Both myself and daughters enjoy The Nautilus' bright cheery pages so much. You see, we are real estate dealers, just a household of women, but no voters. Taxpayers without women, but no voters. Taxpayers without representation! But things are coming our way, we think, for we Oklahoma women are working now as never before. We are making a desperate effort to make the final stroke and strike for our freedom and the right to the ballot. Should we fail in this campaign and our cause be defeated at the fall election it will settle this question for three years to come. So give us your good helpful thoughts, please, that we may win out. I am taking the liberty of addressing vou as some old time friend but we have such a feeling toward you and yours for we have been readers and admirers of your Nautilus ever since its first "coming out." I presume you remember our meeting in Guthrie, Okla., about two years since, I think, when I learned that you were to speak in Oklahoma I was determined to see you and hear you and my desire was granted notwithstanding our very busy life. Then again I was most happily surprised at meeting you at Dr. Carson's Temple of Health last October. I am sending you a little picture of our state schools. We Oklahomans are very proud of our schools and school system. And especially of this Alva Normal School. My daughters are graduates from this school.

—Mrs. Edith S. Nourse, Enid, Okla.

He Wants to Know How:-

Dear friend, for I am sure I may call you such, I am a delighted reader of your magazine. Now I am going to criticize in the most friendly way, an article in the March number written by Gladis Freeman, entitled, "Human Radio, Telegraphy," in which the following sentence appears, "The Healer raising his vitality to the highest potential sends forth powerful currents of healing." Now this is certainly exceedingly bright and lucid and makes the whole thing nearly as clear as mud.

After reading this we know just about, not quite, as much as we did before. All one has to do to get a start is to raise his vitality to the highest potential and the balance is easy. It is like this: A man lies near a high and impassable wall with a broken limb; a physician is on the other side of the wall with all the necessary appliances to set the limb; the problem is how to scale the wall. This is the simplest thing imaginable. Just let the physician take hold of the straps of his boots and lift himself over and there you are. It is all in knowing how.

But to be serious how is this raising of vitality to be done? Does the healer possess this

power as a special gift or endowment, are a few set apart for this work and given special psychological powers or is it in the power of all to prepare themselves for this work? If it is a special gift how is it bestowed and where does it come from or is it the result of special effort and preparation? I trust your contributor will make her meaning plain .- W. H. Das-SETT, Tuscola, Ill.

She Found a New World:-

You are my newest acquaintance and yet you seem to me a real friend, for you preach so many of the things I know to be true. Until a month ago I had never heard of you, your work, or new thought. One day I was explaining my ideas of right living and someone remarked "That's the sort of thing you read in The Nautilus!" I promptly bought a Nautilus and discovered not exactly a new world, but that my world was peopled, that there were hundreds of men and women who thought and taught and acted as I did myself. Oh, what a find it was, and what a sense of companionship it gave me.

I had never met any new thought people nor read any new new thought literature, yet I read in The Nautilus much of the theory, philosophy, and working religion that I have believed, talked, and lived for over a year. I thought my ideas original, that I had dug them up out of the mines of Truth to meet my necessity, and I find that I am only an atom in a great new movement. I can be taught and do not need to do all the teaching. I am so glad.

It will be so good to be able to tell people what to read so they will not go back after they are started in the right direction.

Four years ago I met with an accident. There followed three years of sickness, a succession of surgical operations, insomnia, and a total nervous breakdown. Then I took account of stock. I had intellect, will, courage, that inherent divine spark of love, and a birthright of happiness. Wonderful assets that should enable one to accomplish anything. I believed that I could and set to work to find the way. First I decided that happiness was in one's self and beyond the reach of outside influence. Ours to have for the taking. Care, trouble and annoyance were useless things and could be put aside. And if you look for good it will come to you.

I need not go on. You know what the result would have to be. I am nearly well and shall be quite when I learn how to avoid catching cold as I shall. But best of all, right along through this year I have been able to help so many people just by telling what I know.—Mrs. Benjamin F. Lacy, Philadelphia, Pa.

Why Magazines Publish Advertising:-

Frequently we have readers who complain that magazines should not publish so much advertising. They seem to think advertising is waste space, and that nobody is interested in it. From the Pittsburg Dispatch I clip the following item which shows what some people think about the advertising pages in a maga-zine: (-E. T.)

Among the queer letters that reach an editor

was this one, which came following our first

'Your magazine is excellent, but why in the world do you burden us readers with such a heap of advertising?"

A wealthy gentleman whose name is known throughout the country sat in front of his hickory-log fire in his library one Sunday morning last winter. He sat in a leather armchair: on floor, on a reading table, and about him a six-inch-deep confusion of magazines and periodicals.

The chaos of pamphlets reminded our friend's wife. "Your annual bill came yesterday from the newsdealer," she said. "How much is it?" he asked.

"One hundred and sixty-six dollars," she answered.

"I'll have a check sent in the morning," he

"Do you mean to say a man can spend \$166 on magazine subscriptions annually?" · I asked. "Yes, and \$266 if he half tried. I don't take many of the foreign magazines."

"What do you read, articles or stories?" I

asked. "Well, I read all you write, which is only outside of that I look at pictures and read the advertisements.

"Read only the ads?"

"Yes. Do you see how a man can keep abreast with the times without reading advertisements? How else are you to know about the latest improvements in house furnaces, in motor boats, in razors, in cameras or in socks or in underwear, for that matter? Then again, to the man with business sense there is an assurance, a guarantee in every advertisement. The man who has confidence enough in his own goods to advertise them, he is the man for me."

Uric Acid Solvents :-

A subscriber to the Nautilus asks for information-knock! knock! I want to know how to get a list of alkaline vegetables-and fruitsas an uric acid solvent. And should we eat red meats, with above diet? Thanking you for your very great kindness in answering my letter by mail-as I would rather it should be reserved-S. E.

Any fresh fruits, or dried fruits with distilled water are uric acid solvents. All fruit The extracted juice of fresh vegetables, steamed vegetables or raw vegetables made into The water in which vegetables are boiled should not be thrown away as it contains the alkaline salts which neutralize the acids in the body. Vegetables that grow in or near the ground contain the largest percentage of alkaline salts. Peas and beans contain very little. Alkaline salts are found also in the bran of grains, in the whey of sweet or sour milk. Do not fear that the acids of fruits will increase the acid condition of the blood. Fruit acids are organic and digest easily and are counterbalanced by the large percentage of alkaline elements in fruit juices. The irritating acids in the flesh are mineral acids. The free use of cider or lemonade often cures rheumatism but if these natural medicines are to cleanse they must increase elimination and cause a general stirring up of impurities which may seem to aggravate symptoms at first. Do not condemn the method but get more knowledge on the

subject.

All foods which ferment in the stomach and bowels and produce carbon dioxide are to be avoided. Such are pastries, mushes, artificial sweets and meats. The decay of meat in the intestines fills the body with poisons. Avoid the use of minerals such as soda and salt and those mineral waters which are filled with tissue clogging earthly elements. Even though they give temporary relief they interfere with vital activity because mineral salts-cannot be assimilated and used to advantage. This is true also of all allopathic drugs and the ordinary drugs served as drinks, such as Cola, cocoa, tea and coffee.

Get your subconscious mind educated to know that the natural fruits, nuts, vegetables, berries, melons, and whole grains cooked, are best for you and then gradually change your habits of eating until you have lost the desire for coffee, spices, cane sugar and other stimulants. Eat freely of the Manna of Heaven and drink deeply of the Ambrosia of the Gods and two simple meals a day will satisfy all physical needs.—Walter De Voe.

Spilling Energy:-

I do hate to see people as Elizabeth says, "spilling their energy"—especially boys. Don't hold it up against a boy if he is full of life and mischief; don't, for goodness sake, try to shut off his energy but turn that power into useful channels. That's the way I've been trying to do with my boy, and really, folks, it works like a charm. It has, so far, and older people with grown up sons who are making their mark in the world tell me that it was the parental conservation of the boys' energy that made the success possible. Yes, this boy-steam can be made to accomplish results and the boys have plenty of play, too.

I never could see quite so much in "gym"

practice as some of my neighbors can, for there are always gardens to spade and work to be done out in the open. I am not against gymnasiums, though, and I want my boy to have "gym" training but when there isn't any snow to be shoveled in the winter time and the weather isn't cold enough for skating and ice sports in general, then he can go to the gymnasium and have just as good a time as he wants to—unless his mother needs him to

help her wash dishes.

Parents surely make a great mistake if they inculcate into the boy the idea that housework is only for ma and sister. Some of the hardest work I ever did was when I helped my wife clean house. I beat carpets and rugs until my hands were a mass of blisters and I swept floors until I thought I'd drop over. I have a vacuum cleaner for her now. She's talking now of doing the washing herself-and making me help her after my day's work is done. But, goodness gracious, I like to have things nice the same as she does and she is sure a good cook. No, she does the cooking all herself;

Health and Income.

Both Kept Up on Scientific Food.

Good sturdy health helps one a lot to make money

With the loss of health one's income is liable to shrink, if not entirely dwindle away, When a young lady has to make her own

living, good health is her best asset.

"I am alone in the world," writes a Chicago girl, "dependent on my own efforts for my living. I am a clerk, and about two years ago through close application to work and a boarding-house diet, I became a nervous invalid, and got so bad off it was almost impossible for me to stay in the office a half day at a time.

"A friend suggested to me the idea of trying Grape-Nuts food which I did, making it a large part of at least two meals a day.

"Today I am free from brain-tire, dyspepsia, and all the ills of an overworked and improperly nourished brain and body. To Grape-Nuts I owe the recovery of my health, and the ability to retain my position and income."

Read "The Road to Wellville," in pkgs.

"There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

she doesn't trust me to do that. Oh, sometimes she has me make the coffee, and when she's away I cook an egg around and warm up the hash. The kids say pa's a real good cook. My little Helen said the other day, "Mama, papa's the best cook you ever saw. We had papa's the best cook you ever saw. We had warmed up chicken gravy on bread. My, but it was good." My wife says I'm extravagant for I use butter instead of lard for frying eggs.

When I was a youngster there was always wood to pile up and carry in to the wood box in the kitchen, and chips to gather for morning, and the reservoir of the kitchen stove to fill and things to be brought up from the cellar and the window shutters to be closed at nightfall and to be opened again at the peep of day and slathers of errands to run-for we didn't have a telephone exchange in those days nor did the grocery stores and meat markets have delivery wagons. There was always something for the children to do when I was a boy and during the summers I used to sell elderberries. Nowadays we burn gas in the kitchen range and in some places they do their cooking by electricity; there are no wood boxes to fill, no carrying of chips and very few errands to be run-the telephone does all of that-and there are not so many ways of utilizing boys' surplus energy like there used to be. Now that hired girls are so scarce-can't be had for love nor money it seems like—the boys ought to be taught to help mother and sister with the housework, seeing they don't have the chores to do that we had when we were kids.—W. A. Duff, Ashland, Ohio.

Please mention NAUTILUS when answering advertisements. See guarantee, page 5.



In this debartment we notice all cloth bound books sent us, and as many paper bound ones as we can find-room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by S. Jay Kaufman unless otherwise signed.

-The New Thought magazine, published in Chicago for the last nine years, during which it has had several changes in management, ownership, and editorship, as well as many upsand-downs of fortune, ceased its publication with its October number. The Weltmers, of Nevada, Mo., who have been the practical owners of the New Thought Publishing Company since the early part of 1909, decided to discontinue the magazine. It is said they will replace it with a new magazine to be published shortly at Nevada, Mo., of the name of which we have not as yet been informed. We suppose the New Thought subscriptions will be filled out with the new magazine. We regret the passing of the New Thought magazine, with which we have always been on friendly terms, and in which we have always felt a kindly interestit will be like missing the familiar visits of an old friend. We wish the Weltmers the best success in their new magazine, which we understand is to be edited by Col. Sol. L. Long, of Nevada, Mo., who is quite a poet, and who wields a lively pen. We understand that William Walker Atkinson, the original editor of New Thought, who again took hold of the magazine as editor last spring, was invited to assume editorial control of the new magazine in Nevada, Mo., but declined the offer as he did not care to leave Chicago, and moreover, as he has other work in view. Mr. Atkinson tells us that he has decided to confine himself to his other work in the future, and that he has decided to write no more magazine articles, nor to again edit a magazine. It is needless for us to say that Mr. Atkinson has the best wishes of the Nautilus family for his continued success, health and happiness. His record so far is about fifty books (in addition to his voluminous magazine work) during the past ten years, and he is believed to have material for at least hifty more books packed away in the files of his mentality! He is evidently trying to beat the record, and, so far from being tired or written out, he says: "I've just got started." More power to his elbow!

-"Joy Thoughts," compiled by Charlotte Sherwood Martindale, is an attractive new gift book. Red and green are the colors used in binding. It contains sayings of great people, aimed to entice the reader. Price 55c by mail. Brown & Whitaker, Hamilton, Ohio, are the publishers.—C. H. S.

—Before me is Vol. I, No. 1, of a specially pretty and interesting new magazine called *The Dawn*. Its editor and publisher is Dr. J. Ball, 915 Van Ness avenue, San Francisco, Cal.,

More Than Ever.

Increased Capacity for Mental Labor Since Leaving Off Coffee.

Many former coffee drinkers who have mental work to perform, day after day, have found a better capacity and greater endurance by using Postum instead of ordinary coffee. An Illinois woman writes:

"T had drank coffee for about twenty years and finally had what the doctor called 'coffee heart.' I was nervous and extremely despondent, had little mental or physical strength left, had kidney trouble and constipation.

"The first noticeable benefit derived from the change from coffee to Postum was the natural action of the kidneys and bowels. In two weeks my heart action was greatly improved and my nerves steady.

"Then I became less despondent and the desire to be active again showed proof of renewed physical and mental strength.

"I am steadily gaining in physical strength and brain power. I formerly did mental work and had to give it up on account of coffee, but since using Postum I am doing hard mental labor with less fatigue than ever before."

Read the little book, "The Road to Well-ville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

and the price is \$1.00 a year. May the youngster wax fat and prosperous and help the world along!—E, T.

—Two of the most attractive gift books we have received this year come from the press of A. C. McClurg & Co., Chicago. One is entitled "Love, Friendship and Good Cheer"; the other "Faith, Hope, Love." They are filled with beautiful sentiments corresponding to the titles. Each book contains 72 pages and the price of each is 55 cents postpaid.—D. E. N.

—"The Way of God in Marriage" is Mary E. Teats book that is published by Physical Culture Publishing Company, Flatiron Building, New York city. Every one should read this work. It is a big subject dealt with in a big way—no beating about the bush—in unmistakable arguments that mean things. Cloth, 307 pages. Price not given.

—If you know anybody who has tuberculosis or uric acid or other blood diseases, send them a copy of *The Yogi* for October. Address Carson City, Nevada, price 10c. In it Sydney

(Continued on Page 60.)

Beautiful Eyes Magnetize



Long, thick, sweeping lashes and perfect brows enhance the ugliest eyes. Your face or your eyes cannot be beautiful if you have thin lashes or brows. My

LASHGROW TREATMENT

positively grows them as long and thick as you like, changing the entire expression of your face and making you appear ever so much more beautiful. A week of use witnesses marked improvement. It is absolutely harmless to both eye itself and sight.

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Anent Books.

(Continued from Page 50.)

Flower gives a special cure for consumption that he has seen proved in many cases. It is simple, and painless; and anybody can put it into practice who is not too near dead to use his will.

-A holiday gift that will be greatly appreciated by anyone who receives it is "A Calendar for Saints and Sinners." There is a quotation for every day in the year, and each is appropriate and beautiful. Beautifully printed in colors, mounted with rod and silk cord; all packed in a dainty box. Published by Forbes & Co., Chicago, Ill. Price \$1.00 postpaid.—D.

-John Adams Thayer, the well known magazine publisher, has just put out his life story, calling it "Astir." It is a volume of vigor that shows the inside of the huge publishing industry of this country. It reveals in simple fashion the conditions that the big magazines are working under and against. 302 pages, cloth bound, \$1.35 postpaid. Small, Mainard & Co., Boston. A great business story, just the thing for business people.

-"Psychic Control Through Self-Knowledge," by Walter Winston Kenilworth. This book presents a system of thought and a

(Continued on Page 62.)

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A remarkable letter from the famous author of "The Heavenly Twins,"

SARAH GRAND

"I began to take Sanatogen after nearly four years' enforced idleness from extreme debility, and felt the benefit almost immediately. And now, after taking it steadily three times a day for twelve weeks, I find myself able to enjoy both work and play again and also able to do as much of both as I ever did."

SIR GILBERT PARKER

The Popular Canadian novelist:

"I have used Sanatogen at intervals since last autumn with extraordinary benefit. It is to my mind a true food tonic, feeding the nerves, increasing the energy, and giving fresh vigor to the overworked body and mind."

MRS. BELVA A. LOCKWOOD, LL. D., Secretary Internation-al Peace Bureau, Washington, D. C., says:

"I have used according to directions your 'Sanatogen,' and find it not only a very pleasant and palatable food, but a good digester and assimilator. I find my stomach in a better condition after a two weeks' trial of it than it has been before for two years. I cheerfully recommend it to dyspeptics, overworked clerks, feeble children and aged people."

woman.

Two level teaspoon-fuls three times a day

means increased vig-or and renewed vital-ity for either man or

BAUERACE

Under normal conditions, Nature keeps body and mind in a state of perpetual health. But we of today -living in crowded cities, working in ill-ventilated offices, walking in dusty streets amid ear-splitting noises—can we truly say we live under normal conditions?

No wonder our organs rebel at performing usual tasks under these unusual conditions. Nature cannot build fast enough to re-supply the torn-down tissues and worn-out nerves. Her danger signals are sleeplessness, weariness, indigestion, extreme fatigue-all calls for help. That's the time you need

A scientific combination of Albumen and Sodium Glycero Phosphate-two of the best known brain and body builders. It comes to you in the form of a fine white powder, easily dissolved in your daily beverage -coffee, milk, chocolate, etc. Sanatogen is endorsed and prescribed by thousands of physicians in every civilized country, as well as by noted authors, clergymen, actors, statesmen, etc.

Write for FREE Copy of "Our Nerves of To-morrow"

We want to send you a treatise by a capable medical author and editor, who proves that virtually nine out of every ten people are nervous sufferers. Illustrates the cause and explains the remedy. In this book are also published many testimonials from world-famous physicians and laymen, praising the reconstructive power of Sanatogen. We will gladly send you a free copy on request.

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Which are YOU choosing? Read "Immortality or Eternal Death," a pamphlet that or Eternal Death," a pamphlet that much of the mystery of life and explains much of the mystery of life and death. This book is for all who would LIVE. It is written in plain, open style, easy to comprehend. It takes the reader back to the oldest teachings in the world concerning the philosophy of life—the teachings of ancient Egypt. It explains much regarding Karma and Reincarnation. It gives a common meeting ground for New Thoughtists, Spiritualists, Theosophists and all advanced thinkers, and all who desire good for the world. 45 pages. Price only 10c if you send now. Address EGYPTIAN PUBLISHING CO., Richland Center. Pa. explains

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Anent Books.

(Continued from Page 60.)

method for the development of spiritual faculties and consciousness. It is intended to help the reader to carry out a mandate of the Del-phic Oracle: "Know Thyself." It is a splendid, thoughtful and practically helpful work nothing better has appeared for a long time.

341 pages, silk cloth binding, title stamped in gold. Price \$2 postpaid. Published by R. F. Fenno & Co., 18 East 17th street, New York City.—W. E. T.

-"Nervous States, Their Nature and Causes," by Dr. Paul Dubois. A new and very interesting work upon the nature, cause and cure of nervous prostration. The author, who is Professor of Neuropathology at the University of Berne, is a well known authority upon practical psychology in its relation to the cure of disease. In this book he traces the primary cause of nerve disorders to the mind, and to the influence upon the mind of auto suggestion. He also places in the will and mind the main source of cure. The book is clearly printed on fine antique paper, 100 pages, cloth binding Price, 80c. Funk & Wagnalls Co., New York City.—W. E. T.

—Arthur E. Stilwell, the railroad builder, in "Confidence, or National Suicide?" sounds a warning against the "knocking" which has been going on against the railroad industry. He asserts that because of the bitter attacks foreign investors have lately withdrawn from con-templated investments of over one hundred and thirty million dollars; all of which is needed to repair rolling stock and road beds, and he warns that unless confidence in our railroads is restored that we shall enter a financial depression greater than any we have ever known. Cloth, 120 pages, Bankers Publishing Co., New York City. Price \$1.08 post-paid.—D. E. N.

-Dr. Thomas Powell has written an exhaustive work on the fundamentals and requirements of health and disease. It is really a common sense exposition of disease, written

(Continued on Page 78.)

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If you would have a Beautiful Complexion in ten days, send 25cts. to Mrs. P. MIDDLETON, PEWEE VALLEY, KY., Box 4.

Please mention Nautilus when answering advertisements. See guarantee, page 5.

THE TRIUMPH OF DRUGLESS HEALING

Some facts about the development of Drugless Healing during the past several years—The rise of Mechano-Therapy, the great eelectic school of Drugless Healing—How it has chosen the best, and discarded the undesirable features—Its peculiar and exclusive features—Demand for practitioners—Chances for ambifious men and women all over the country—The plain, practical and thorough instruction given—How to obtain a FREE illustrated book on the subject.

There has been a gradual evolution in the idea of Drugless Healing during the past ten years-a development of an electric basis, which the ideas of Mental Healing, Manual Therapy, and Hygeieo-Therapy are blended and combined, balanced and adjusted, so as to form a most efficient and successful system of Natural Healing. There has arisen in our midst a great new eclectic school of Natural and Drugless Healing which is making rapid strides every day toward the foremost place in the ranks of systems of cure. This great sys-

tem is known as "Mechano-Therapy

Mechano-Therapy is, first of all, an eclectic system of Natural Drugless Healing. In it the best features are blended, balanced, adjusted and harmonized one with another, the result being a system which combines the strong points of all systems while eliminating the weak points of each. Not being bound to follow im-plicitly the leading or theories of any particular school in order to be consistent, it is at full liberty to accept, reject, improve upon, adapt, and balance any particular feature, theory, idea of method which it may meet with. natural result it is able to, and does, make improvements, discoveries and methods of its own, resulting from the practical experience gained by applying the eclectic methods in its extensive clinical work. The American College of Mechano-Therapy, of Chicago, Ill., the oldest and largest school of Drugless Healing in the world, is the center of this Advanced system of healing.

SUGGESTIVE THERAPEUTICS. - The school of Mechano-Therapy was among the first to recognize the wonderful value of Suggestive Therapeutics, and to apply its best methods in the treatment and cure of disease. By practical experience it has devised the methods which will stir into activity the mental forces in the most efficacious and vigorous manner and in the shortest time. It searches for the mental cause of the disease, and then applies the scientific mental cure, without expecting or insisting upon the patient accepting any special metaphysical theory, doctrine or

any special inetaphysical teaching.

MANUAL THERAPY.—The use of the hand in Mechano-Therapy makes an important feature of Manual Therapy—The use of the hand in correcting physical ills. The best principles are employed, and the most approved methods practiced. Scientific Manipulation is applied when indicated by the symptoms and nature of the disease. The most approved methods of Swedish Movements are used. The valuable features of Osteopathy have been extracted and its impractical and extreme features eliminated. Mechano-Therapy recognizes the fact that all diseases im-

ply deranged functions of the circulatory system; and that many chronic diseases may, under favorable con-ditions, successfully be cured by scientific manipula-tion; that man, being a machine, physical health as

tion; that man, being a machine, physical health as well as a balanced mentality, necessitates a harmonious adjustment of every part of his complex organism. HYGIEO-THERAPY.—The established principles of Hygieo-Therapy are employed in Mechano-Therapy. Hygiene, or scientific living, is employed to insure that the patient be surrounded with an environment conducive to recovery. Dietetics, or scientific feeding, is carefully employed. The Mechano-Therapist also recognizes and employs that most approved methods of Hydro-Therapy, or the Water-Cure. The various forms of hot, cold, tepid, alternated, pack, compress, Kneipp method, Kuehne system, etc., are employed when desirable. The importance of Scientific Breathing, etc., are realized and applied in this wonderful system.

tific Breathing, etc., are realized and applied in this wonderful system.

DIAGNOSIS.—One of the most important of the special features of Mechano-Therapy is that of Simple Diagnosis. The practitioner, instead of being bewildered by mere outward and confusing symptoms goes at once right to the cause of the trouble, and is thereby enabled to apply the methods indicated. By reason of his having fully mastered the fundamental principles of the functions of Circulation, Digestion, Nutrition, Assimilation, Elimination, Respiration, and Nerve Action, he is enabled to detect the real cause of the trouble, just as easily as the skilled electrician is able to put his finger on the point of the telegraphic system which is making trouble over the whole line.

DEMAND FOR PRACTITIONERS.—Mechano-Therapy is one of the few professions in which the

DEMAND FOR PRACTITIONERS.—Mechano-Therapy is one of the few professions in which the demand exceeds the supply. This condition, of course, will not always exist, but those who get into the field first will reap the golden harvest of the present opportunity. No matter what one's present occupation, it will pay him to seriously consider the splendid money-making possibilities in Mechano-Therapy. Any one of average intelligence and common-school education can learn Mechano-Therapy, and the earnings of the practitioners are limited only by the amount of time devoted to practice. With a good practice one should earn an honest income of say \$3,000 to \$5,000 a year. Among the ranks of the successful practitioners for Mechano-Therapy nearly every former occupation is represented. tion is represented.

plain and simple instruction.—The student of Mechano-Therapy does not have to devote time and labor studying Latin terms and obsolete theories—he is brought right to the practical point, and is taught to get right down to actual work from the beginning. He is aided by scientific charts, and scientific tables of information. Mechano-Therapy is taught either in class or through the mails, by Correspondence. One can learn it in his or her own home—and the cost is quite moderate and within the reach

spondence. One can learn it in his or her own home—and the cost is quite moderate and within the reach of nearly everyone.

FREE BOOK.—The leading men behind this great school of healing, wishing to spread information regarding their system, and in order to awaken public interest in its wonderful features, furnish at their own expense, absolutely FREE, to any sincere inquirer, an illustrated book entitled "How to Become a Mechano-Therapist," which contains information of the greatest value. YOU may obtain a FREE copy of this book by writing for it to The American College of Mechano-Therapy, Dept. 322, 120-122 Randolph St., Chicago, Ill. It will cost you nothing to possess this book, and its reading may prove the turning point of your career. Better send for a copy today, lest you forget it until it is too late.

Try the Flavor **MAPLEINE**

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A rich, mild, sweet mellowness which transforms the every-day milk puddings, custards, cakes, frostings, cake fillings, sauces, fudges, candies, etc., into enticing and original dainties.

FOR HOME MADE SYRUP

Dissolve granulated sugar in water and add Mapleine, the result is a deliciously good and pure table syrup, better than Maple.

Full directions on the bottle. Grocers sell Mapleine. If not send us 35c for 2 oz. bottle and recipe book. Address

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Are you in the overwhelming sweep of the forces which bear down the Human Race into failure and misery? Are you a slave to environments and circumstances? Or do you, created in God's image-hone that likeness by being a Success-a Master?

There are forces in you tremendous, powerful. All this is clearly taught in the wonderful book, "Power of Success," which gives the Laws of Freedom, Success, Mastership. No other book like it. Send 10 cents for copy NOW. EGYPTIAN PUBLISHING CO., Desk B, Richland Center, Pa.

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ABOUT REMEMBERING

By ELBERT HUBBARD



Henry Dichown

For some long time I have been promising myself to write up my good friend, Mr. Henry Dickson, of Chicago, and I have not forgotten. ¶ Mr. Dickson is teaching a Science or System, whichever you choose to call it, which I believe is of more importance than the entire curriculum of your modern college. Mr. Dickson teaches Memory. Good memory is necessary to all achievement.

¶ I know a man who is fifty-five years old. He is a student. He is a graduate of three colleges, and he carries more letters after his name than I care America's foremost au-thority on Memory Train-tong and Principal of the Dickson School of Mem-teresting, learned or profound. teresting, learned or profound. He's a dunce.

And the reason is that he CAN NOT REMEMBER. Without his notes and his reference literature, he is helpless. This man openly confesses that he cannot memorize a date or a line of poetry, and retain it for twenty-four hours. His mind is a sieve through which sinks nowhere the stuff that he pours in at the top, Education is only what you remember. The lessons that you study into the night and babble about the next day in class are rot, unless you retain them and assimilate them by the slower process of memory. You cannot gulp and discharge your facts and hope that they will do you any good. Memory only makes them valuable. Every little while in business I come across a man who has a memory, a TRAINED MEMORY, and he is a joy to my soul. He can tell you when, where, why, how much, what for, in what year and what the papers said the

Like this man is another, the general manager of a great corporation in a Western city. He never misses a face. If he sees you once, that's enough. The next time he'll call you by name, inquire about the folks at home and ask you if you have recovered from that touch of rheumatism. He told me how he did it. He told me that he studied

memory-training with Prof. Dickson of Chicago. Also he said a lot of nice things about Prof. Dickson, that I hesitate to write down here lest my good friend Dickson object.

This Dickson System of Memory-Training, as I understand it, and I do understand it, is very simple. If you want to enlarge your arm to increase the power and strength of your muscle, you exercise it. The same with your mind, You must put your mind through a few easy exercises regu-

larly to discover its capacity. You will be surprised, when you go about it the right way, to know how quickly it responds to you.

To the man or woman whose memory plays you tricks, I especially recommend that you write to Prof. Dickson to send you his literature. It will cost you nothing, and if his credentials and recommendations and the facts he sets forth do not convince you, you are not to be convincedthat's all.

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(Continued from Page 62.)

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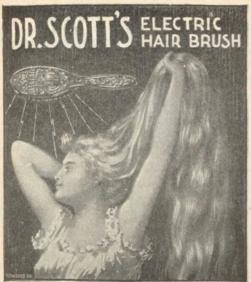




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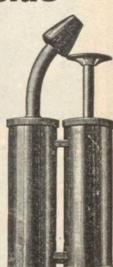
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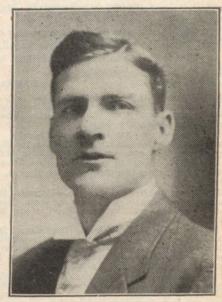
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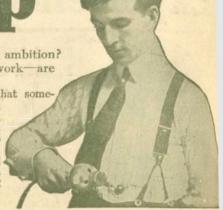


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